RIOTERS KILL MORE THAN 200 IN NIGERIA, PG6

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Sports pg 11

Canucks topple Preds in third

VANOC, partners give $300K for Haiti relief

TRUCE Organizers of Vancouver's Olympics and its partners have donated $300,000 to UNICEF's relief efforts in Haiti in commemoration of the Vancouver 2010 Olympic Truce.

"Sport has the power to unite and heal, especially among children, which is why we're working with our partners and UNICEF," said John Furlong, VANOC chief executive officer.

The donation is meant to provide an opportunity for the children of the island to play and stay healthy and enjoy the Olympic spirit. STIG NIELSEN/ FOR METRO VANCOUVER

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2

International
Women's Day
• Column from Andrea Lanthier-Seymour, director of communications, CARE Canada, page 8
• What's with the string? Find out on page 8
• Careers women want, page 12

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Oscars

Bigelow's big first

KEVIN WINTER/GETTY IMAGES

Kathryn Bigelow accepts the Oscar for best director last night for her work on The Hurt Locker. Bigelow is the first woman to win the award for best director. More coverage, pages 18, 19.

Games will open eyes: Paralympian

Past competitor says people will see what disabled can do

PARALYMPIC 2010 Games

KRISTEN THOMPSON
kristen.thompson@metronews.ca

One of the greatest legacies of the Paralympic Games will be an increased awareness of the abilities of disabled people not just in sport, but in all aspects of society, says one former Paralympian.

Most people have a superficial understanding of the Paralympic Games and the event is going to be an eye-opener, said Patrick Jarvis, a former Paralympic track-and-field runner and soon-to-be CEO of the Canadian Paralympic Foundation.

Jarvis will be joining Rick Hansen and Dr. Bruce McManus, a professor in the department of medicine at the University of B.C., in a discussion on the power of sport to contribute to social change at the Chan Centre on Wednesday.

"Too often we tend to judge people's capabilities at a passing glance and we automatically judge what they can and can't do," said Jarvis.

"Sport is just one manifestation … of people's abilities. That's an easy link then to go, well if this individual can navigate a downhill course at 100 kilometres an hour, then the idea that they are capable of other things in society is an easy transition."

Another important legacy, Jarvis said, will be increased sport programming geared toward people with disabilities and a surge in their involvement in recreational sport.

"The other thing is access," he said. "All of a sudden people start thinking about removing barriers, whether that's attitudinal and physical barriers."

Jarvis said Vancouverites — like Calgarians in 1988 — weren't prepared for how much the Games would impact their community and the country.

"I can say the same thing about the Paralympic Games," he said. "Once (people) see and feel it, they'll be blown away by what the Paralympic Games bring to the city."

Impact study

- Roughly 40 per cent of Canadians said the Olympic and Paralympic Games increased their acceptance of people with disabilities, according to an Olympic Games Impact study conducted out of UBC.
- The survey found that one in four employers said the Games has increased their willingness to hire people with disabilities.

Golden stick, glove: Priceless ($10K)

OLYMPICS There's big bucks in store for the person who can turn in Sidney Crosby's missing hockey gear.

Reebok Canada is offering a $10,000 reward, no questions asked, for the return of the stick and glove Crosby used to score his winning goal in last weekend's gold-medal game against the U.S.

The equipment disappeared after the hockey star tossed his stick and ripped off his gloves to celebrate Canada's Olympic victory.

"The stick and glove are priceless," said Len Rhodes, vice-president and general manager for Reebok Hockey CCM. "There's absolutely no substitute for that exact stick and glove."

"We don't want to keep the stick and glove, we'd actually just like to turn it over to Sidney Crosby himself and let him decide what to do with it," said Rhodes. THE CANADIAN PRESS

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Dumping suspected in salmon kill

Chemicals likely to blame after Byrne Creek's entire population wiped out

GREG DOWNS
for Metro Vancouver

An illegal dumping of chemicals in Burnaby's Byrne Creek has possibly killed the stream's entire salmon population.

The creek was home to as many as 2,000 coho and chum salmon, which were suffocated by the chemicals.

Joan Carne, a stream keeper for Byrne Creek for 12 years, said it was a "total kill" as the fish were found dead Thursday in a pool of foamy water.

The dead fish accounted for two full generations of salmon, as both the newborn fry and one-year-old juveniles heading out to sea were killed.

The culprit is likely an industrial cleaner that was dumped near the Edmonds SkyTrain station.

"Best guess at this point is that it was a cleaning compound, there was strong ammonia smell, and a very high PH level," said Carne.

SUBMITTED PHOTO

A juvenile salmon found dead in Byrne Creek in Burnaby on Thursday. An estimated 2,000 salmon died, likely because of chemicals dumped into the water.

"It has to be a significant amount. It wasn't just a householder with a bucket of wash water. One would expect something industrial."

"All drains lead to fish habitat."
Joan Carne

Carne stressed that this is not the first time that chemicals have been dumped in the stream. She is frustrated that a series of incidents have gone unchecked by Environment Canada.

"On one occasion the culprit was caught dumping into the storm drain red-handed," said Carne. "But the investigation was passed on to Environment Canada and the investigation was dropped."

This is the fifth major kill in the creek since 1998, according to Carne. She said it takes as long as four years for the salmon to re-build the population after two full generations of fish have been killed.

"All drains lead to fish habitat," said Carne.

News in brief

BREAK-IN Two people were taken to hospital with non-life threatening injuries after being stabbed during a home invasion in Chilliwack, news1130.com reports. The suspects allegedly stole a TV and PlayStation. Several people were arrested.

MEMORIAL A candlelight vigil was held in Abbotsford yesterday to mark the three-year anniversary of the van crash that killed three farm workers, news1130.com reports. There were 16 women in the van when the driver lost control and flipped onto a meridian.

CRASH Two people were killed when a motorcycle and pickup collided in Pitt Meadows on Saturday. The collision occurred at 2 p.m. Saturday on Lougheed Highway, near Allen Way. An 80-year-old Pitt Meadows man, who was driving the pickup, and the driver of the motorcycle, a 36-year-old North Vancouver man, were both killed instantly. RCMP said speed was likely a factor in the crash. METRO NEWS SERVICES

UBC theatre gets a facelift with 3-D technology, surround sound

UPGRADE The university has retrofitted their 200-seat Westminster Savings Credit Union Theatre to include a 3-D display, surround sound and digital broadcast capabilities.

The theatre will be used by students learning to work with 3-D and high definition production, while faculty will use it for research.

Lightyear Digital Theatre donated the equipment and software, and will use the theatre as a 3-D demonstration venue when it is not being used by the university. THE CANADIAN PRESS

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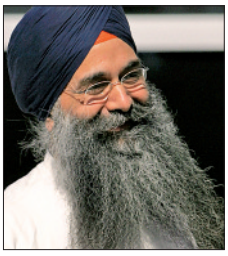
Perjury trial of witness in Air India case opens

TRIAL Twenty-five years after Air India Flight 182 fell from the sky off the coast of Ireland, the legal saga stemming from Canada's worst mass murder continues as a key witness in the trial of two men acquitted in the bombing is tried for perjury.

Inderjit Singh Reyat is charged with lying in 2003 during the trial of Ripudaman Singh Malik and Ajaib Singh Bagri. Malik and Bagri were acquitted of all charges connected with the 1985 bombing of the Air India plane and another explosion at a Tokyo airport.



Inderjit Singh Reyat

Reyat, a Crown witness at the trial, is alleged to have lied under oath 27 times, mostly dealing with his insistence that he didn't remember details of the bombing plot.

An electrician from Duncan, Reyat was charged with perjury in February 2006, nearly a year after the acquittals. His trial has been delayed several times as lawyers prepared for the case, but jury selection last week set the stage for hearings to begin in a Vancouver courtroom today. THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Blogs Backbeat lists the most influential bands behind the today's 90s-infused 'Nouveau Retro'

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Extra: 17, 28, 71, 77
These results are not official.

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Paralympic flag bearers to be introduced
Canada's Paralympic flag bearers will be introduced at 5 p.m. this afternoon at Robson Square. Following the introduction, the Canadian Paralympic Committee will announce the names of the Canada's Paralympic team. METRO VANCOUVER

Obesity rates lowest in B.C., study finds

Canadians out east, in rural areas, and in northern communities are heavier: UBC research

British Columbia has the lowest obesity rates in Canada, according to a University of B.C. study.

Based on a analysis of data from 28 previously released studies, assistant professor Jennifer Black, with the UBC faculty of land and food systems, concluded that higher obesity rates are reported in Canada's eastern provinces, rural areas and northern aboriginal communities than in the Lower Mainland.

"It appears that men in Vancouver have the lowest obesity rates in the nation. For women, the lowest obesity rates are in Richmond," said Black.

"It appears that men in Vancouver have the lowest obesity rates in the nation. For women, the lowest obesity rates are in Richmond." Jennifer Black, UBC

Before her time at UBC, Black studied the differences in obesity rates among New York City's neighbourhoods, where she found obesity rates are not randomly distributed.

"Not only are we looking at socio-economic issues, but also a person's attitudes and behaviours about eating, cooking and body weight, and how people are influenced by where they live."

Black, who recently had her findings published in the American Journal of Epidemology, is working with a colleague on developing a Canadian nutrition database. STIG NIELSEN/ FOR METRO VANCOUVER

Security to be scaled back for Paralympics

PARALYMPIC 2010 Games

PROTECTION The Winter Olympics that wrapped up in Vancouver last month took place under a vast security blanket.

When the Paralympics get underway here Friday, they'll be under more of a security scarf.

That's good news for anyone attending the Games because, except for the opening and closing ceremonies, it means no airport-style screening lineups.

About 15,500 police, military and private-security personnel protected the Olympics from potential terrorist attack even though the threat level going into them was low.

Under the assumption terrorists are even less likely to attack Games dedicated to the disabled, fewer people will be used to guard the more modest Paralympics.

Only 750 RCMP officers, 500 Canadian Armed Forces personnel and a handful of private-security screeners will be needed for the 10-day Paralympics, says Const. Mandy Edwards of the Olympic Integrated Security Unit (ISU).

With only 11 Paralympic sports and non-competition venues to secure, compared with 30 for the Olympics, fewer staff would be needed in any case, says Edwards.

There will be fewer road closures, though parking at all sports venues is still banned, and the marine security perimeter for waterside venues has shrunk, says Edwards.

THE CANADIAN PRESS

Charges sought against dog owner

ANIMAL The B.C. SPCA wants charges brought against the owner of a severely emaciated golden retriever that was found wandering along Dewdney Trunk Road in Maple Ridge, CBC News Online reports.

The one-year-old dog was covered in feces and urine and weighed only 10 kilograms when a member of the public brought it to the Maple Ridge SPCA. Its matted coat was shaved because it stank so badly.

In the week since it was found, the dog, which has been placed in a foster home, has been receiving six meals a day and has regained some of its weight.

METRO VANCOUVER

News in brief

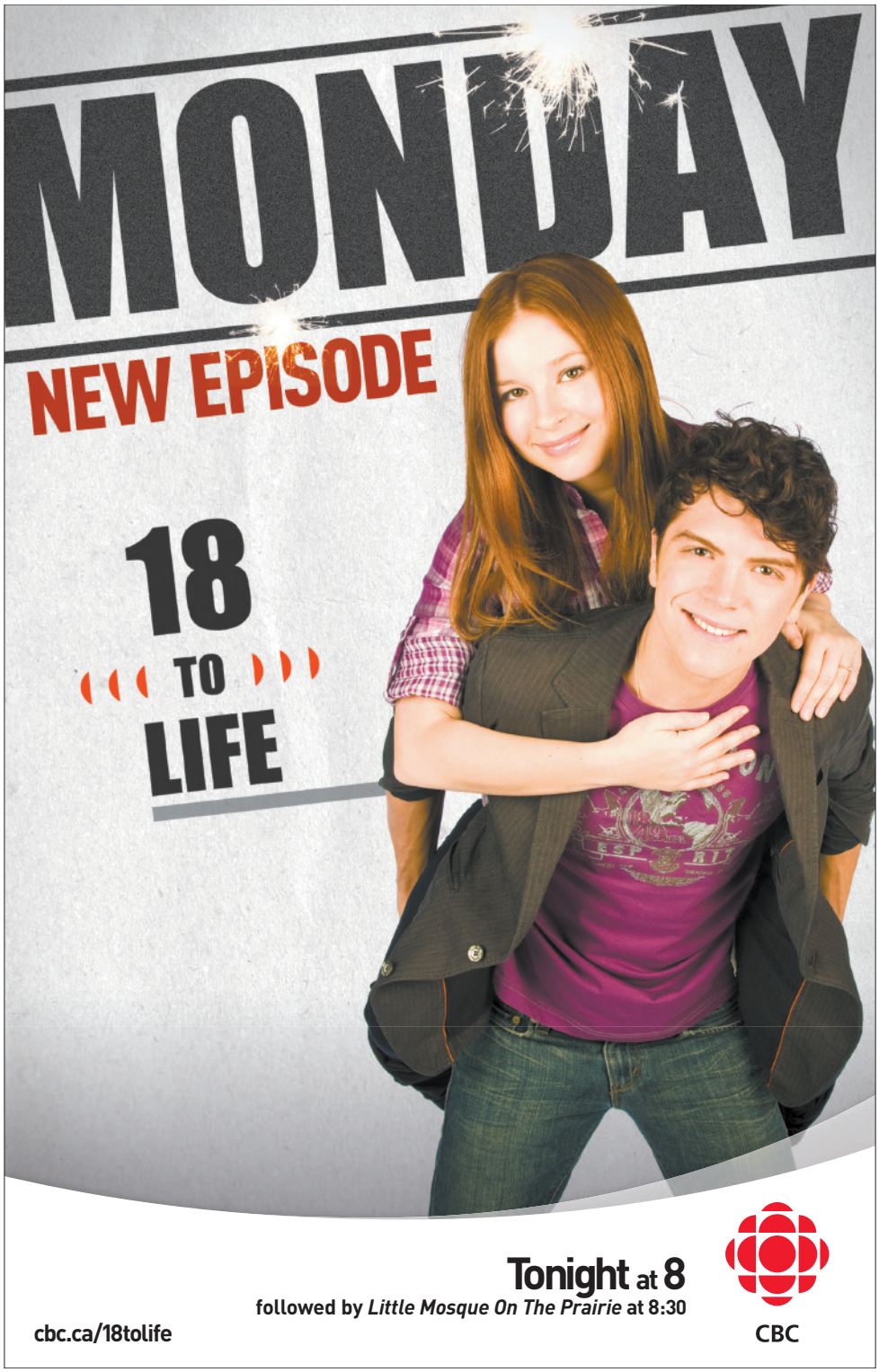
CRASH A 19-year-old man is in hospital following a crash into a bus stop after his tires were shredded with a spike belt on Saturday morning. RCMP in Maple Ridge said the man may have been trying to harm himself. He refused to pull over and tried to drive off after police had flattened his tires, crashing into the bus stop. No one else was injured.

COMPLAINT An Olympic bus driver said he had to endure long hours and substandard accommodations during the Games, news1130.com reports. Don Slavens said he worked from 2:30 a.m. to 6:30 p.m. He has since filed a complaint with the Employment Standards Branch and the Canadian Federation of Labour.

OVERPASS The $135-million Coast Meridian Overpass has opened, linking north and south Port Coquitlam and relieving traffic downtown and on the Mary Hill Bypass, news1130.com reports. The 580-metre cable-stay bridge has four traffic lanes, sidewalks, bicycle lanes and acoustic fences.

SHOOTING An Abbotsford man was taken to hospital after being shot in a house at 2289 McKenzie Rd., cknw.com reports. Police are looking for two suspects who fled from the rear of the house before they could be apprehended.

METRO NEWS SERVICES



Rona lends hand for International Women's Day

To commemorate International Women's Day, Rona is launching a new fundraising initiative to mark its new partnership with the Canadian Women's Foundation. From March 8 to April 4, all Rona stores across Canada will be raising funds to renovate local women's shelters that house female victims of domestic violence. METRO NEWS SERVICES

Canada

Court rejects death row appeal

A three-member panel of the 9th U.S. Circuit Court of Appeals has rejected a challenge by a Canadian on death row in Montana who sought to have his sentence changed due to ineffective counsel. Ronald A. Smith, a Canadian citizen, was 24 in 1982 when he and two men from Red Deer, Alberta, were hitchhiking through Montana. They robbed two men who offered them a ride, and Smith shot both men in the head along U.S. Highway 2 near Marias Pass. THE CANADIAN PRESS

News in brief

RENOVATION The United States is kicking in half a million dollars toward beautifying the ugly concrete barricades around its embassy in Ottawa. The large cement blocks cut off a lane of traffic on a stretch of Sussex Drive in the capital's popular Byward Market neighbourhood. They've been a bone of contention for local businesses since they were put in place

THE CANADIAN PRESS

Privacy czar pushes for better protection

SASKATCHEWAN Gary Dickson has seen abandoned medical records turn up in some pretty bizarre places in his time as Saskatchewan's privacy commissioner — mouldy basements, drafty Quonset huts, vacant buildings.

He argues that more needs to be done to protect sensitive, personal health information left behind when a doctor retires or dies. Increasingly, he says, no appropriate arrangements have been made to turn records over to another doctor.

THE CANADIAN PRESS

CSIS interrogated Taliban: Documents

Officers of the Canadian Security Intelligence Service have played a crucial and long-standing role as interrogators of a vast swath of captured Taliban fighters, The Canadian Press has learned.

The spies began working side-by-side with a unit of military police intelligence officers as the Afghan war spiralled out of control in 2006, according to heavily censored witness transcripts filed with the Military Police Complaints Commission.

The spy agency's previously unknown role in questioning detainees adds a new dimension to the controversy about the handling and possible torture of prisoners by Afghan security forces.

It also raises more questions about the critical early years in Kandahar when the Canadian military found itself mired in a guerrilla war it had not expected to fight.

CSIS acknowledged in 2006 that its members gathered intelligence in Afghanistan. Maj. Kevin Rowcliffe, former staff adviser to Canada's overseas operations commander, told investigators there were questions about how much experience the army's intelligence officers had.

Defence Minister Peter MacKay, saying the threat to Canadian troops as been severe, acknowledged the military has "relied heavily on other departments, including CSIS."

THE CANADIAN PRESS

Edited transcript

- Military police "were involved in that, but they weren't necessarily involved in interviewing or interrogation related issues; that would be (censored) or some other parade that had special training in interrogation." Sources familiar with the unedited version say the blanked out references are to CSIS.

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Does Sarah Palin have Calgary fans? You betcha!
Sarah Palin told a sold-out crowd in Calgary Saturday night that the province gets her message of less government and lower taxes. THE CANADIAN PRESS

Hospitals inspired by Toyota still cruising

Toyota may be rapidly becoming a byword for corporate misadventure, but Canadian hospitals are not yet ready to slam the brakes on health-care initiatives inspired by the Japanese carmaker.

A handful of hospitals across the country have in recent years modelled new management practices after the fabled workplace culture fashioned by Toyota's founder, Sakichi Toyoda.

The so-called Toyota Production System has spawned a cottage industry of sorts among management consultants eager to apply its focus on worker input to all manner of industries.

Quebec Health Minister Yves Bolduc made waves when, upon taking the job in 2008, he claimed the "Toyota Way" would help ease the burden on the province's over-stretched health-care system.

But Toyota's recall of 8.5-million vehicles because of a dangerous accelerator-pedal defect has given some pause about the wisdom of following its example.

"There's a lesson there for us," said Dr. Michel Tetreault, president and CEO of St. Boniface General Hospital in Winnipeg. "We have try to figure out what went wrong with Toyota."

Along with hospitals in Quebec, New Brunswick and the Ontario cities of Kingston and Windsor, St. Boniface is among those that have undertaken Toyota-inspired reforms, also known as the "lean" health-care approach.

The idea is to focus hospital processes on the patient, stripping away anything that doesn't serve that end.

It has been used to deal with such perennial health-care problems as emergency-room overcrowding by deleting unnecessary red tape.

THE CANADIAN PRESS

From 60 to zero

- Hospitals in Britain and the United States have been incorporating Sakichi Toyoda's insights for several years and studies have identified successes that include, in one case, reducing registration times from 60 minutes to zero.

'Blind spot' led to poor forecast of N.S. blizzard, report concludes

WEATHER They predicted rain. It snowed. They called for temperatures above freezing. It was below freezing. They forecast barely five millimetres of precipitation. It was almost five times more.

Environment Canada's botched forecast in Nova Scotia in the fall of 2008 left 1,500 motorists stranded on the Trans-Canada Highway for nearly 24 hours. And a draft report on the "Cobequid Pass Snowfall Event," dated last month, blames bad software and a "blind spot" in Canada's network of weather stations.

Forecasters were reduced to huddling around webcast images from a traffic camera operated by the province of Nova Scotia for information.

"Sporadically available webcam images ... were the only source of direct information available to the weather office as to what was happening over the Cobequid Pass," says the internal report, which was obtained by The Canadian Press under the Access to Information Act.

"Meteorologists were left to issue updated bulletins and warnings based mainly on second-hand information trickling into the office as the event was unfolding," says the report. "This resulted in little or no lead time of the heavy snow event." THE CANADIAN PRESS

Toronto **Regulations protested**

KEITH BEATY/TORSTAR NEWS SERVICE

About 300 traditional Chinese medicine practitioners and their supporters stage a protest in Toronto yesterday. Adherents say proposed rules to govern the practise discriminate against the most qualified practitioners. Scan the barcode at right or go to metronews.ca/canada for the full story.

News in brief

SHOOTING A machete-wielding man is dead after he threatened two Winnipeg police officers during a confrontation on a city street. Police said the 28-year-old man died in hospital after he was critically wounded late Saturday evening. The shooting occurred just minutes after he had allegedly threatened a man during an argument a few blocks away. Two police officers located the armed man soon after. A police spokeswoman said the man refused to disarm and approached them in a threatening manner, and officers eventually fired.

THE CANADIAN PRESS

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South Korean child allegedly died of starvation as parents raised virtual baby

A South Korean couple addicted to an Internet game about raising a virtual child were arrested for neglecting their real three-month-old daughter and letting her starve to death. The couple found their baby dead in September, Yonhap news agency reported. The 41-year-old father and his 25-year-old wife had been in hiding at a relative's home. THE ASSOCIATED PRESS

World

Obama remembers civil-rights landmark

U.S. President Barack Obama marked the 45th anniversary of Bloody Sunday by praising "these heroes" who endured beatings by Alabama state troopers at the start of their landmark voting-rights trek. Marchers were a few blocks into their Selma-to-Montgomery march on March 7, 1965. The march was later completed under federal protection, with Martin Luther King Jr. leading it. It led to passage of the U.S. Voting Rights Act. THE ASSOCIATED PRESS

Slaughter in Nigeria

Hundreds killed in weekend of religious violence

Rioters armed with machetes slaughtered more than 200 people over the weekend as religious violence flared anew between Christians and Muslims in central Nigeria, witnesses said. Hundreds of people fled their homes, fearing reprisal attacks.

The bodies of the dead — including many women and children — lined dusty streets in three mostly Christian villages south of the regional capital of Jos, local journalists and a civil rights group said. They said at least 200 bodies had been counted by yesterday afternoon.

Torched homes smouldered after the 3 a.m. attacks that a region-wide curfew enforced by the country's police and military should have stopped.

The killings represent the latest religious violence in an area once known as Nigeria's top tourist destination, adding to the tally of thousands already killed in the last decade in the name of religious and political ambitions.

In Dogo Nahawa, a village five kilometres south of Jos, residents said the dead included a four-day-old infant. Those who survived claimed their attackers shouted at them in Hausa and Fulani — two local languages used by Muslims.

A spokesman for Plateau state where Jos is located, Gregory Yenlong, said police were seeking to arrest Saleh Bayari, the regional leader of the Fulanis, because Bayari's comments incited the attack. He offered no other details.

Jos has been under a dusk-til-dawn curfew enforced by the military since religious-based violence in January left more than 300 people dead — most of them Muslims.

THE ASSOCIATED PRESS

'Middle belt'

- The affected city of Jos lies in Nigeria's "middle belt," where dozens of ethnic groups mingle in a band of fertile and hotly-contested land separating the Muslim north from the predominantly Christian south.

ALAA AL-MARJANI/THE ASSOCIATED PRESS

Mourners gather around the coffin of Ali Yahya, 20, who was killed in a blast in Baghdad yesterday.

Voters, polling station attacked in Iraq

BAGHDAD Iraqis defied insurgents who lobbed hand grenades at voters and bombed a polling station yesterday in an attempt to intimidate those taking part in elections that will determine whether their country can overcome deep sectarian divides as U.S. forces prepare to leave. The conclusion of the vote, however, did not spell an immediate end to political uncertainty.

It could be days until results come in and with the fractured nature of Iraqi politics, it could take months to form a government.

Sunnis and Shiites seemed united in one way yesterday — defiance in the face of violence. Many came out of polling booths waving fingers dipped in purple ink in a now-iconic image synonymous with Iraq's democracy. In one Baghdad neighbourhood, relatives who had just lost a family member in a bombing walked down to the polling booth to vote.

Still the violence that shook Baghdad served as a reminder of the insurgency's persistence and adaptability. Insurgents used mostly rockets, mortars and explosive-filled plastic bottles hidden under trash to terrorize voters on their way to the polls. With those tactics, they managed to get around a vehicle ban in place across the capital for most of the day and killed 36 people, almost all of them in Baghdad.

THE ASSOCIATED PRESS

News in brief

SWITZERLAND Voters yesterday soundly rejected a plan to appoint special lawyers for animals that are abused by humans, dealing a blow to advocates who say Switzerland's elaborate animal-rights laws aren't being enforced. Switzerland tightened its animal-protection laws two years ago and now has among the strictest rules anywhere when it comes to caring for pets and farm animals. Pigs, budgies, goldfish and other social animals cannot be kept alone. Horses and cows must have regular exercise outside their stalls, and dog owners have to take a training course to learn how to properly look after their pets.

TURKEY An official says at least five people have died in a strong earthquake that hit the eastern province of Elazig. Gov. Muammer Erol says the victims are from the small village of Okcular.

TEHRAN Iran announced yesterday that it has started a new production line of highly accurate, short-range cruise missiles, which would add a new element to the country's already imposing arsenal. Gen. Ahmad Vahidi told Iranian state TV that the cruise missile would be capable of destroying targets up to 3,000 tonnes in size.

THE ASSOCIATED PRESS

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Pope's brother willing to testify in sex scandal

GERMANY The brother of Pope Benedict XVI has told a newspaper he is willing to testify in the sex scandal rocking Germany's Catholic Church, even though he says he knows nothing about the alleged abuse of boys in a choir he later led.

The Rev. Georg Ratzinger, in an interview published yesterday, also was quoted as saying by the Rome daily La Repubblica that there was "discipline and rigour" but no terror during his 30 years as head of the Regensburger Domspatzen choir in Germany. The Regensburg Diocese said last week that a former singer came forward with allegations of sexual abuse in the early 1960s. Ratzinger led the choir from 1964 till 1994.

A man who lived in the choir-linked boarding school until 1967 has contended that "a sophisticated system of sadistic punishments in connection with sexual lust" had been installed there. Der Spiegel quoted the man, Franz Wittenbrink, as saying it would be inexplicable that the pope's brother didn't know anything about it.

But Ratzinger says he knew nothing about any alleged abuse.

If German justice officials "ask me to give testimony, obviously I'd be very ready to do so, but I am not able to provide any information on any deed that could be punished, because I don't have any, I never knew anything about it," the former choir leader told La Repubblica. THE ASSOCIATED PRESS

Robbers on the run after brazen poker tournament heist
Four heavily armed robbers who stormed a poker tournament in a luxury Berlin hotel on Saturday and escaped with $1.36 million US of the jackpot are still on the run, German police said. THE ASSOCIATED PRESS

China issues warning to Hong Kong activists

China has warned that a plan by pro-democracy activists in Hong Kong to use a special election as a de facto referendum on reform is a threat to stability in the former British colony.

While Hong Kong returned to Chinese rule in 1997, it maintains a separate political system and enjoys Western-style civil liberties typically denied on the mainland. But Beijing has continued to deny full democracy. Hong Kong's leader is chosen by an 800-member committee stacked with pro-China figures and its legislature is half-elected, half-picked by special interest groups.

Pro-democracy activists have argued for years that the wealthy financial hub of seven-million people is mature enough to choose its own leaders.

In their latest campaign, five opposition legislators — one from each of Hong Kong's five major electoral districts — resigned in January, triggering a special election. Opposition parties plan to field candidates in the byelection, hoping to turn the territory-wide contests into a de facto referendum on democratic reform.

"This is a total violation of mainstream public opinion that wants stability, harmony and development," Peng Qinghua, the head of China's liaison office in Hong Kong, said when he met with Hong Kong delegates on the sidelines of the annual meeting of China's parliament in Beijing on Saturday.

In a more veiled criticism, speaking to the Hong Kong delegates yesterday, Chinese Vice-President Xi Jinping urged locals to "promote the gradual development of Hong Kong's political system together by communicating rationally and discussing the matter with a practical mindset." THE ASSOCIATED PRESS

Spain **Protesters challenge new abortion law**

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

People participate in an anti-abortion rally in Madrid yesterday. Rally organizers say several thousand anti-abortion demonstrators have gathered in at least four Spanish cities to protest against new abortion law that allows pregnancy terminations up to 14 weeks from conception.

News in brief

ICELAND Voters defied their parliament and international pressure, resoundingly rejecting a $5.3-billion plan to repay the U.K. and the Netherlands for debts spawned by the collapse of an Icelandic bank. According to results, just over 93 per cent of voters said "no" in Saturday's ballot, while 1.8 per cent voted "yes." Britain and the Netherlands want to be reimbursed for money they paid their citizens with deposits in Icesave, a bank that collapsed in 2008.

HEALTH The virus that causes AIDS can hide in bone marrow, avoiding drugs and later awakening to cause illness, according to new research that could point the way toward better treatments for the disease. THE ASSOCIATED PRESS

Chileans unhappy with earthquake response

CHILE Most Chileans are unhappy with their government's response to last week's catastrophic earthquake and squarely blame President Michelle Bachelet for shortcomings, according to a poll published yesterday. The poll published by the daily newspaper El Mercurio found 72 per cent of Chileans believe the government responded late and inefficiently to re-establish order after the earthquake, and 48 per cent believe it was because Bachelet did not want to end her term by sending soldiers into the streets. Sixty per cent also believe aid delivery has been too slow and inefficient. Bachelet waited 36 hours before declaring the "state of catastrophe" that put the military in charge of the disaster area, and significant aid didn't reach some hard-hit communities for two or three days after the 8.8-magnitude earthquake and tsunami. THE ASSOCIATED PRESS

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Comment

Fate of transit legacy rests with politicians

It's no surprise that Vancouver Mayor Gregor Robertson wants to capitalize on the recently concluded and hugely successful Winter Games. His opportunity to leverage the Olympics to garner support for major city initiatives is significant, but fleeting. And he has wisely made transportation a cornerstone of his post-Games civic policy push, citing "long-term sustainable transportation legacies."

There is no doubt that Vancouver's Olympic transportation plan was a winner. "Cities often run campaigns over many years to achieve these kinds of results — what we have achieved in such a short time is remarkable," he said in a release. "Our next task is to encourage people to stay out of their cars when the Games end, and continue to choose better ways of getting around."

I give Robertson full marks for recognizing a historic opportunity. There will never be an opportunity like this again to build off of the success and goodwill arising from this massive transportation experiment. One Metro reader told me recently, "If TransLink were to maintain the quality of service that they've been running for the past couple of weeks, people might actually take it seriously as a transportation option."

Vancouver city planning director Brent Toderian has asked whether this was in fact North America's largest traffic trial ever. "The massive amounts of data, and the general change in perception and attitudes from this temporary transformation, may end up being the most powerful legacy from these Olympics," he argued at Planetizen.com. "I strongly believe nothing will ever be the same in how we perceive traffic and movement in our city after this."

Even major real estate developers agree. If Expo 86's legacy was about developing land, they say, then the post-Olympics era is about density and transit.

Former Vancouver city councillor Gordon Price recently wrote on his Price Tags blog that "the city's (Olympics) plan — 30 per cent reduction in traffic, 50 per cent reduction in capacity to downtown, no venue parking — has worked spectacularly well." But building off that requires the backing of Gordon Campbell. "As premier, it will be up to him if there is to be any real legacy from the transportation success of the Olympic experience," he wrote. "Otherwise, the only debate we'll be having is how much we're cutting back."

Perhaps Robertson's only obstacle to an Olympics transit legacy is, somewhat fittingly, another politician.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Views

Power of many can make a difference

Andrea Lanthier-Seymour

Symbol of solidarity

• Wearing a string on your finger March 8 symbolizes solidarity with women and girls around the world. Let the string remind you of the achievements women have made to overcome inequality and injustice. But let it also remind you of the millions of women continuing to strive for equality and empowerment.

I met Caroline four years ago on my first visit to Kenya with CARE Canada. She and two dozen friends greeted me with songs and outstretched hands.

Despite the happy welcome, this public display of joy was new to Caroline. Less than two years earlier, she had been ashamed to walk the dusty roads of her village. Forced to borrow money to feed her children, she was seen as a beggar and a burden.

She was alone.

But when she decided to join the women in CARE's co-operative Savings and Loans Group, Caroline discovered she wasn't alone; she was part of something bigger.

Every two weeks, each woman in the co-op put $1 into a savings pool. Within weeks, there were enough funds to start borrowing money to invest in education, home businesses and their farms. Every two weeks, the pool grew, expanding the possibilities.

Caroline invested in her small home business. She became a pillar in her community. She could afford to send her children to school. And now she was the one lending money to her neighbours, she said with fiery pride. Thanks to the women's group, she was reaching her full potential.

Sitting with Caroline in that far-off village, I suddenly understood the power of the women around me.

As individuals, they struggled to make ends meet, but together they made each other — and their community — stronger.

Canadians — men and women — can learn so much from them. I have often felt that, as one person, I couldn't make a difference. It took a trip across the globe to understand that I can be more: I can be one of many.

This International Women's Day, I challenge you to take Caroline's lead — to join together to improve our lives and our community.

How? It's easy. Visit your community resource centre to see where the needs exist for women and girls, who still represent 70 per cent of the world's poorest. Explore websites that offer volunteer opportunities, like Charity Village or Volunteer Canada. Join your community association, become a Big Sister, or bring a group together to fundraise for organizations that help empower women and girls.

And become part of a global collective committed to change.

Andrea Lanthier-Seymour is director of communications, CARE Canada.

MICHAEL DE ADDER

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Mercedes-Benz hands customer a lemon, judge hands him $482,000 settlement
A judge has ordered Mercedes-Benz to pay $482,000 US to a Wisconsin customer who was sold a defective car and not given a refund on time. Vince Megna, the customer's lawyer, said he believes the judgment is the largest involving a single car under a state "lemon law," which protects consumers who are sold junk cars. THE ASSOCIATED PRESS

Business

DOLLAR	N.GAS	OIL	TSX
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(Friday's close)	(Friday's close)	(Friday's close)	(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A billboard described as a "supergraphic" ad for Asics sports wear is seen on Hollywood Boulevard in Los Angeles last week.

Giant billboards taken down amid legal battle

ADVERTISING Five giant billboards have been removed from buildings in Hollywood near the site of the Academy Awards after Los Angeles prosecutors charged four people and four companies with hanging the so-called supergraphics illegally.

The ads for Asics athletic gear that hung horizontally across several storefronts near the Kodak Theater where the Oscars were held yesterday were all removed by Saturday.

Three of the four people charged have posted $100,000 bail each.

City law bans the installation of supergraphics, which are vinyl images draped over buildings.

Last week, in the most severe step taken in the ongoing battle over the banners, Los Angeles businessman Kayvan Setareh was jailed on $1 million bail for hanging an enormous movie ad on a Hollywood Boulevard building he owns near the Kodak Theatre.

THE ASSOCIATED PRESS

Tims going upscale in U.S.

COFFEE Tim Hortons is preparing to test drive a new upscale restaurant format in the U.S. and broaden its North American product line as part of a three-year expansion plan that will include the opening of 900 new stores.

Canada will have 600 new stores, with the majority in Quebec, Western Canada and major urban locations.

Of the chain's existing stores, 60 will be converted to include the Cold Stone Creamery concept in partnership with an American ice cream chain.

In the U.S., 300 new stores will open, primarily in New York, Ohio and Michigan. Of the existing 563 locations, 10 will be revamped as part of a pilot project for upscale locations. TORSTAR NEWS SERVICE

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Paper goes plastic

Bank of Canada eyes bills printed on polymer

The Bank of Canada says it wants to start making plastic money because plastic bills last longer and are cleaner than paper notes.

But while the bank won't say who its supplier is going to be, an Australian firm that is a world leader in plastic notes is undergoing a probe for paying kickbacks to obtain contracts.

Securency International Pty Ltd. — a company half-owned by the Reserve Bank of Australia — sidelined two top executives last May and brought in KPMG to conduct a probe of its operations using agents to sell its products to foreign governments.

Agents in Vietnam and Nigeria have been accused of taking kickbacks to obtain contracts. If true, that would be an offence under Australian law.

Julie Girard, a spokeswoman for the Bank of Canada, said the bank hopes to issue plastic notes, which have been used in Australia since the 1980s, in about 18 months.

They don't absorb grime the way paper notes do and they last two to three times longer, she said. Five- and 10-dollar bills currently last one to two years.

TORSTAR NEWS SERVICE

Security features

- The most noticeable feature Securency offers is a is a transparent window with a holograph printed on top.
- The note can also be iridescent or contain metallic threads, which also appear on paper bills, but can be curved or discontinuous.

Business in brief

GM DEALERS The country's auto dealers association says General Motors of Canada should admit its mistakes and reverse plans to close many of its retailers after the company's parent suggested it erred in more than half of the decisions to shut down U.S. stores under a restructuring plan. Rick Gauthier, president of the Canadian Automobile Dealers Association, said Friday it's hard to believe that GM made the right decision here in terminating the 240 retailers it targeted for nonrenewal of franchise agreements, in view of a major shift by parent GM. Parent GM announced earlier it will reinstate 661 dealers out of 1,100 it slated for closing in the U.S. last year as part of a survival plan. TORSTAR NEWS SERVICE

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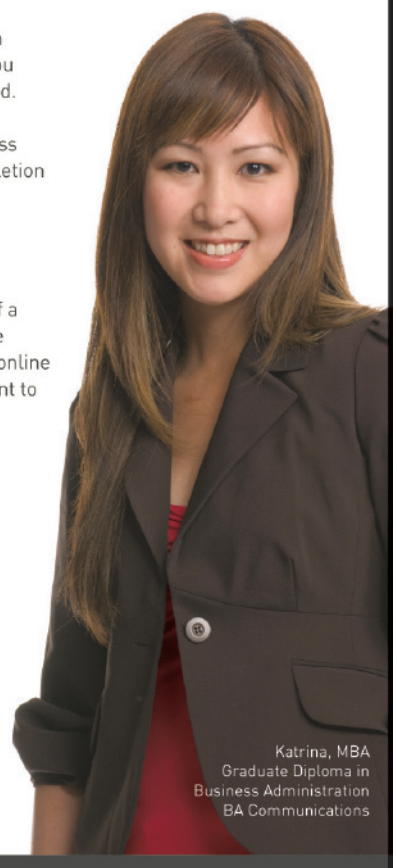
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Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA

Leaving a lasting impression

Will Avatar's environmental message spur civic responsibility?

Eco-**Minded**

Kai Chan with Carrie West
metronews.ca/ecominded

Avatar's environmental message is a commentary on our own situation.

Can Avatar and Hollywood change our lives? Sure, they can make millions — even billions — of dollars, but can they change the way we think and act? Avatar has an obvious environmental message and it's the highest grossing movie of all time — right on. But does this popularity mean anything?

Avatar is a parable for the downsides of industrial resource extraction (including mining for metals, other minerals, oil, and gas), which can wreak havoc on ecosystems, peoples, cultures, and whole planets. The movie challenges us to look deeply into our lives and the values that we take for granted, and to compare this cash-rich but morally impoverished existence with that of the Blue People (Na'vi): cash-poor but deeply connected and committed to their communities and their planet.

With mind-blowing, three-dimensional visual effects and a captivating story, Avatar opens a window into a world of environmental politics that most of us would never truly experience through the mainstream media. While of course the details are all different, the plight of the Na'vi is strikingly similar to that of many indigenous peoples today, and to many more whose cultures have been shattered by 'modern' industrial development.

The $2-billion question is: What will we do with this information? Will we stand idly by while humanity continues to convert a glorious living planet into a dying one? Or will we recognize that the keys to our happiness and deep belonging lie not in amassing material wealth, but in cultivating our relationships with people, animals, and our planet?

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC; vancouverletters@metronews.ca.

Avatar stats

- Avatar's world-wide earnings have surpassed $2 billion US, making it the highest grossing U.S. film of all time.
- Globally, many species are endangered due to habitat loss and degradation, like the destruction in Avatar.

Experts preach caution on fossil find

ROMINA MCGUINNESS
Metro World News

DNA extracted from a rare and ancient polar bear fossil has become a mine of information concerning the evolution of the species.

Discovered in Norway in 2004, the fossil suggests that the polar bear evolved recently and adapted at a rapid rate to climatic change. Metro spoke to two of the scientists involved in the fossil studies, Stephan Schuster and Charlotte Lindqvist, to find out more about the past and the future of the Arctic's top predator.

The fossil shows that polar bears survived an interglacial period warmer than the current. However, "The fossil is a single find," stresses Schuster. "We cannot base the entire viability of a species on it."

The sediment on the fossil shows that the climate, therefore flora and fauna at the time were similar to today.

11 Polar bears have a layer of fat 11 cm thick that keeps them warm, especially when swimming and hunting.

"This does not mean that we will have polar bears roaming around tropical forests," says Lindqvist, "They survived because they had a suitable habitat that was overall still relatively cold."

The discovery led many to conclude polar bears would not be affected.

"People need to understand how mosaic climate is. It is unlikely global warming will lead to polar bears becoming extinct, but their numbers could dramatically go down. The crucial limiting factor is the loss of habitat," explains Schuster.

Printers agrees to extension with Lions

Casey Printers' second tour of duty with the B.C. Lions is set to continue. The quarterback and the CFL club have agreed to a contract extension. "Casey has demonstrated that he's not only a gifted and exciting quarterback, but that he is capable of being one of our core leaders moving forward into next season," Lions head coach and GM Wally Buono said in a release last night. THE CANADIAN PRESS

Sports

Martin could miss opening day

Dodgers catcher Russell Martin of Chelsea, Que., is expected to be sidelined for four to six weeks after an MRI revealed a pulled groin. Martin likely will miss Los Angeles' regular-season opener on April 5 at Pittsburgh. Martin first felt discomfort during a running drill a few days before the Dodgers' first spring game Friday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

MARK HUMPHREY/THE ASSOCIATED PRESS

Canucks forward Jannik Hansen scores against Predators goalie Pekka Rinne in the third period of yesterday's game. The goal broke a 2-2 tie and the Canucks went on to a 4-2 win.

Call it a comeback

NHL RESULTS

Canucks 4 Predators 2

Another third-period deficit was no problem for the high-scoring Vancouver Canucks.

Jannik Hansen scored the go-ahead goal with just under six minutes left in the third period to lead the Canucks to a 4-2 victory over the Nashville Predators yesterday.

Vancouver leads the NHL with nine victories this season when they trail after two periods. They have scored 82 third-period goals this season, second only to Washington.

"We were down by a goal going into the third, and again, we found a way to get it done," Canucks coach Alain Vigneault said.

Mikael Samuelsson, Alexander Edler and Henrik Sedin also scored for Vancouver, which has won three of its last four. The Canucks are 7-5-0 so far on their franchise-high 14-game road trip.

With the game tied at two, Predators J.P. Dumont and Denis Grebeshkov collided in the neutral zone, and Kyle Wellwood saw an opening and found Hansen with a stretch pass.

"They seemed to fall on each other and there was a pileup," Wellwood said. "It was a pretty easy pass. The first thing I noticed was the two guys on the ice at that point, both of my wingers were looking for a breakaway."

Hansen had a breakaway on Nashville's Pekka Rinne, who stopped the initial shot, but didn't see the rebound lying by his right foot, and Hansen had an easy tap-in for his seventh goal.

"Wellwood made a nice cross-ice pass over their last guy, and I got a great break from the blueline," Hansen said. "I tried to put it five-hole, but didn't quite succeed, but luckily I got the rebound."

THE ASSOCIATED PRESS

GMs set to tackle hockey headshots

NHL The issue of headshots in hockey will be put under the microscope when the NHL's 30 general managers gather this week.

It will be one of the many topics discussed during the annual GM meetings from today to Wednesday and seems to be the one most likely to result in a potential rule change.

It's something the GMs have grappled with a few times already. Former NHL Players' Association executives Paul Kelly and Glenn Healy raised the issue during a presentation at these meetings a year ago, saying it was the most important concern for players.

However, it didn't gain much traction then or during a subsequent meeting at the Stanley Cup final in June.

The nature of the conversation changed when the group convened in November, prompted in part by a couple vicious hits early in the season — notably the one Mike Richards put on David Booth.

At that time, the managers began acknowledging that change might be in the air.

"(The conversation) was quite a bit different. Some of the guys who have taken a strong position that it may take hitting out of the game have adjusted their views a little bit," Carolina Hurricanes GM Jim Rutherford said then.

THE CANADIAN PRESS

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SCANLIFE

Bruins star Marc Savard was carried off the ice on a stretcher during yesterday's loss to the Penguins. Scan this code for the story.

CLARA HUGHES
Olympic & World Champion

Sports in brief

MLB Randy Ruiz hit a grand slam and the Toronto Blue Jays chased Jeremy Bonderman in the first inning of an 8-5 victory over the Detroit Tigers yesterday. Bonderman recorded just two outs and was charged with six runs.

GOLF Camilo Villegas won the Honda Classic yesterday, shooting a final-round 68 to finish at 13-under 267 and posting his third PGA Tour victory. Calgary's Stephen Ames hit 72 to finish 13 shots back, while Bright's Grove, Ont., native Mike Weir shot 73 to end the tournament 14 behind.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

VANCOUVER 4 Nashville 2
Edmonton 2 New Jersey 0
Calgary 5 Minnesota 2
Montreal 4 Anaheim 3 (SO)
Philadelphia 3 Toronto 1
Buffalo 2 N.Y. Rangers 1 (OT)
Carolina 4 Atlanta 0
Detroit 5 Chicago 4
Pittsburgh 2 Boston 1

NBA

YESTERDAY'S RESULTS

Philadelphia 114 Toronto 101
Orlando 96 L.A. Lakers 94
Detroit 110 Houston 107 (OT)
Boston 86 Washington 83
Oklahoma City 108 Sacramento 102
Denver 118 Portland 106

Project Hero enlists another institution

Lambton College announced last week it has joined Project Hero, a scholarship program for children of Canadian Forces personnel killed in the line of duty. According to the program's website, 48 post-secondary institutions across Canada are now offering the scholarship. METRO NEWS SERVICES

Workology

Gender employment gap huge

Although there are 2.5 billion men and 2.5 billion women worldwide in the productive age, only 1.2 billion women are employed as opposed to 1.8 billion men, a difference of 600 million jobs. Fourty-eight per cent of women remain economically inactive, compared to 22 per cent of men. Such a gap will take many, many years to disappear. But the gender gap may even grow bigger. METRO WORLD NEWS

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Careers Canadian women want

International **Women's Day**

SYLVIA PUTZ
for Metro Canada

Many women today are looking for a work-life balance that allows them time for family as well as career advancement.

Ambitious young women starting out and rising in their fields today are determined to succeed, but some say they are not prepared to sacrifice like their moms and the boomer generation of women before them did.

"For the past three years, I have observed the new generation and their fierce determination for a balanced life, and a need to achieve both personal and professional success," says Aurea Crotty, founder of Savoir Faire Professionals, a development group for women in their 20s and 30s.

Career goals haven't changed, she says, but what has changed is their willingness to play by the old rules. They've seen the sacrifices their mothers and other pioneering women of the older generation were forced to make at home and in their work, and now they want to reap the benefits. "They've decided they want everything the boomer generation has achieved, without the sacrifices," says Crotty. "They are busy finding the career that fits the life they want."

Consider Karran Finlay, 34, of Vancouver:

"I have always been career-driven. I love what I do and I've always worked hard. I simply reached a point where I wanted to work hard on my own terms," says Finlay, 34, who formed Karran Finlay Marketing (KFM), her own home-based marketing and events agency, after 11 years of climbing the corporate ladder in her field.

She differs from her mom, who was forced to make choices when extra demands at home kept her from a career. "I admire the sacrifice my mom made, (but) I feel grateful there are more options today that offer my generation a few more choices."

After 11 years of hard work and gruelling hours in several advertising and public relations companies, Christina Carew, 33, of Halifax, was also ready for a change, and she too knew she wouldn't follow her mother's example. "I watched my mother work in a job she hated for years, … I knew that I didn't ever want to feel like I didn't have any options."

Last year, she founded Urbane Communications, her own public relations company, and she's never looked back.

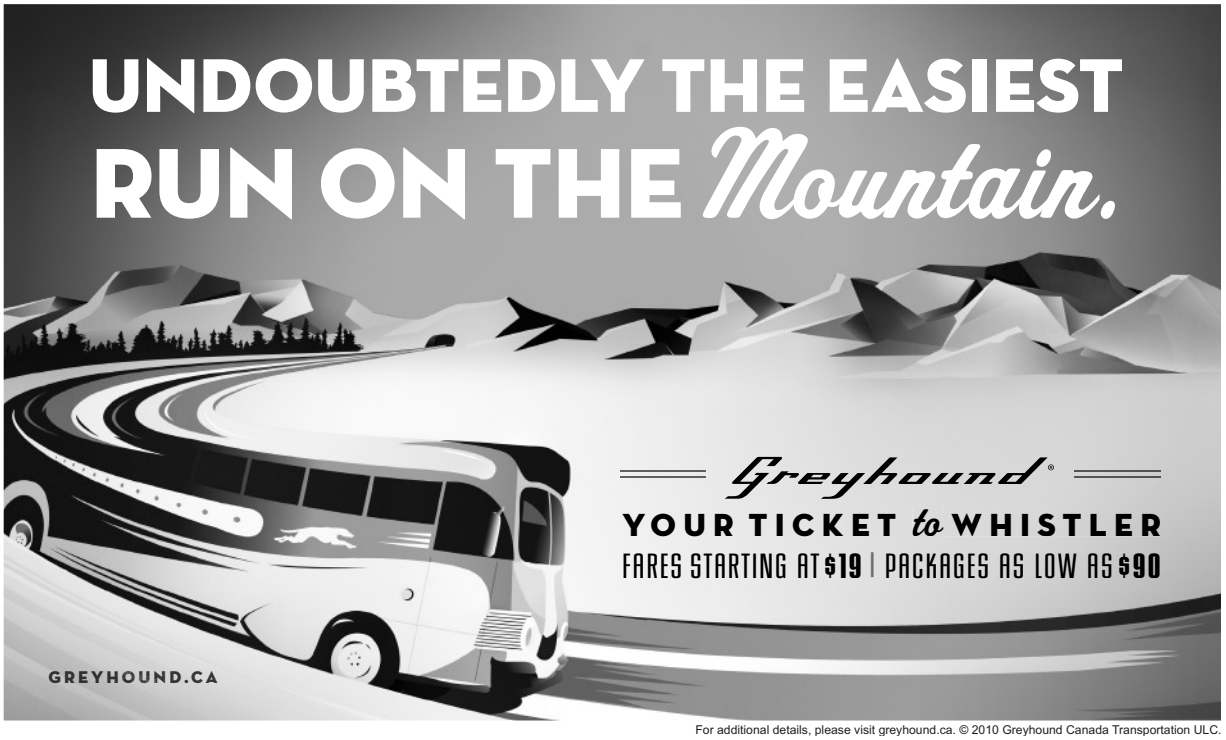
"In the last 10 months, I've been the happiest (I've ever been). I don't do it because I have to, I do it because I want to."

Women of Canada

• **EDMONTON** "My mom's hard-working and successful, but she's a workaholic. My brother and I had a live-in babysitter for that time. I do want to be very successful, but I don't want to go down that path," says Jessica Kennedy, 25. She is an account executive at a print management technology company.

• **OTTAWA** "My career is very important to me (but) not at the expense of other areas of my life. Our generation is fortunate that the sacrifices of the older female generation have broken down barriers and paved the way for women today," says Erin Moore, 30. She runs her own financial consulting business.

• **CALGARY** "After 12 years of travelling more than I was home, I called my director from an airport and resigned. I needed to create a career allowed me to find balance between family, work and personal time," says Leisha Laird, 36. She was in sales and marketing before she went back to school and opened up her own acupuncture and herbal medicine clinic.



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Billions for PSE infrastructure, research, training in federal budget
As outlined in its 2010-11 budget, announced last week, the federal government will provide $1 billion to support deferred maintenance, repair, and construction at post-secondary institutions. METRO NEWS SERVICES

Kim Campbell's journey to the top

International **Women's Day**

Kim Campbell

LEADERSHIP Kim Campbell made history as the first female prime minister in the history of Canada. Here's what she says about what she says about being powerful and being a woman in today's world

"In high school I was elected the first female president of the student council, which made me realize that I could be involved in politics in other ways. Local government is a great way of cutting your teeth in politics: You know your constituents and your decisions have an immediate impact. People yell at you, but you don't need thick skin; you just need perspective.

"After several years of local politics in British Columbia, I became Canada's first female minister of justice and minister of defence. (Soon) I was running for the leadership of my party (the old Progressive Conservative Party), it was high-stakes poker. Political reporters are some of the most conservative people I've met. I had two things against me: I wasn't from a big city, and I was a woman. They treated me like, 'We didn't make you. Where did you come from?'

"Female leaders are still seen as an anomaly. But we're often excellent leaders, so I tell young women to go for it. There are sacrifices and compromises in politics, but they are in any job, whether you're a man or a woman. And having a profession to return to helps." METRO WORLD NEWS

Human library tackles bias

When Chris Langley volunteered to help out with a project at his university library last year, he didn't imagine he'd wind up becoming a book.

The 25-year-old master's student was intrigued by the notion of a human library, a space in which prospective readers scheduled half-hour time slots with real people and engaged in direct conversations about prejudice.

The Atheist

As an atheist, Langley felt his views and experience could help fill a niche in the library's catalogue and immediately put himself into circulation.

The last-minute addition proved a popular attraction, with all but one of his available time slots filling up over a two-day stretch.

The atheist book was back on shelves for the 2010 edition of the human library, which began last week at the University of Guelph. The man behind the cover was keen to re-engage with readers on an issue he feels is often misunderstood.

"The prejudice I feel is invisible. It's more a stigma attached to the label," Langley said in a telephone interview from the university campus. "We're thought of as evil, callous and even shallow."

Readers who check out Langley's book will not be subjected to a lecture about the virtues of his personal religious choice, he said. Readers are strongly encouraged to come with questions and engage him in conversation on spiritual matters of every ilk.

Living with HIV

Michael Boterman, another one of last year's literary offerings, experienced a diverse range of dialogues during his stint on library shelves. As a book entitled Living with HIV, the 50-year-old campus staff member attracted a wide readership whose reactions ranged from curiosity to fear.

Boterman said the conversations gave him a chance to combat widespread ignorance on the subject and influence commonly held attitudes.

"Some of the people that came and read my book would show a lot of pity. I've had this condition longer than most of my readers have been alive. That kind of made them stop and think," he said.

Last year's event, which attracted 163 readers and 32 human books, proved the strategy was working, he said.

"There were all these people having really intense conversations about sometimes very difficult things," Mike Ridley, the university's head librarian said. "Libraries are all about helping users make sense of the world. Here was an event where users were making sense of the world just by talking." METRO NEWS SERVICES

This year's books

- The two-day event has expanded this year, with 376 slots available for the 36 books on offer.
- Members of the campus community and general public are invited to browse the collection which includes titles such as Dykes & Tykes: A Tale of Lesbian Motherhood; Female Race Car Driver; Living With Obsessive-Compulsive Disorder and Transsexual Guy.

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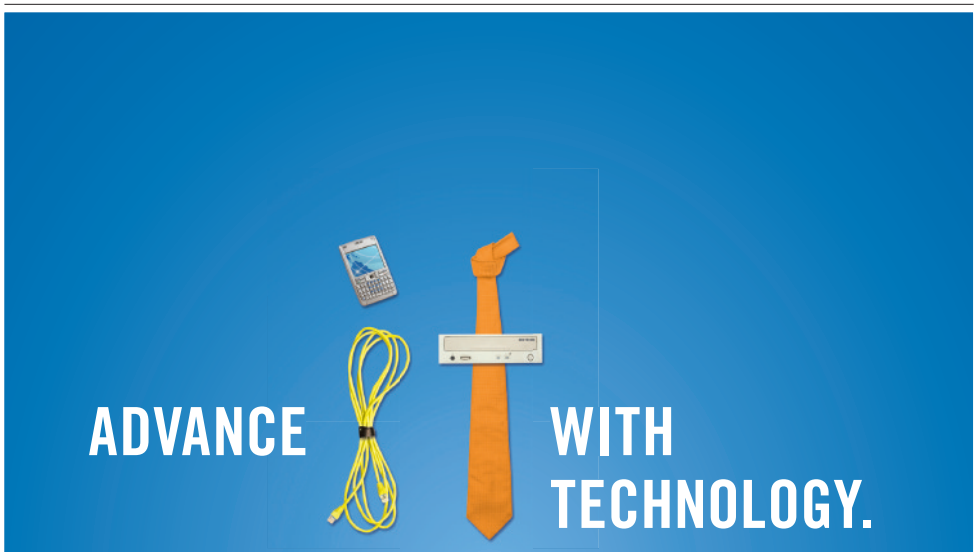

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MacEwan to shut down pool for expanded fitness centre
Grant MacEwan University will close its aquatic facilities as of July 1 in order to expand its fitness centre, which, unlike the pool, does not suffer from a lack of users. Closing the pool will save the university about $500,000 annually. METRO NEWS SERVICES

Wellness on a provincial scale

OddJobs

Dr. Arlene King focuses on preventing illness on a mass scale as chief medical officer of Ontario.

Growing up the eldest of five gave Dr. Arlene King early experience caring for others, even when it wasn't easy. "You get to be pretty tough when you have three younger brothers."

She started out studying nursing, but wanted more of a challenge. She switched to general science and then did a medical degree at McMaster University.

Then King, who's now 54, studied family medicine at the University of Calgary and worked as a family physician in the small northern Alberta town of Fairview. "I did about 25 years of medical practice in five years," says King. In her large catchment, she dealt with everything from childbirth to heart disease to farm injuries.

She noticed just how many accidents and illnesses among her patients could be prevented — and she wanted to be part of that. "I felt I needed to do training in public health."

So she did a masters in health sciences with a specialty in public health from the University of British Columbia. The degree taught her how to look at health not just from an individual perspective, but based on a larger population.

After graduation, she worked as associate medical officer of health for Burnaby, B.C. She did a few other jobs in B.C., including working for the province's Centre for Disease Control before she landed in Ottawa working for Health Canada on infectious diseases. She acted as the technical lead for the agency during the SARS outbreak.

Last fall, after ten years in Ottawa, she was named chief medical officer for Ontario.

The job started out with a bang: That's when H1N1 came along. She's been kept so busy with the flu strain that she's still being briefed on some aspects of her job.

Primarily, her job entails keeping Ontarians informed about current public health issues. So far, that's meant speaking a lot about H1N1 to the media, other medical professionals and regular people in the province. She aids in communications between the Ontario Ministry of Health and the new Ontario Agency for Health Protection and Promotion. She spends a lot of time talking with other chief medical officers so that means lots of conference calls and face-to-face meetings.

The Lowdown

Job title: Chief medical officer of health
Salary: Around $300,000
Education/training: A medical degree and special training in public health
Best Part of the Job: "Making a difference to the health of people in the province."
Worst Part of the Job: "I work long hours and I make time for family, but I don't always make time for myself."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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For more info: www.jibc.ca/csjd
Register: 604.528.5590 or register@jibc.ca

Enrolment boom at U Sainte-Anne
Nova Scotia's Université Sainte-Anne reports that for the fifth consecutive year, the number of students enrolled at the institution has increased. METRO NEWS SERVICES

Economy taking a toll on workers

SYLVIA PUTZ
for Metro Canada

If you're feeling glum about your job, you're not the only one.

"The economy we've been experiencing has taken its toll on the emotional state of workers," says Don Thibert, career expert and director of Academic Affairs at Everest College.

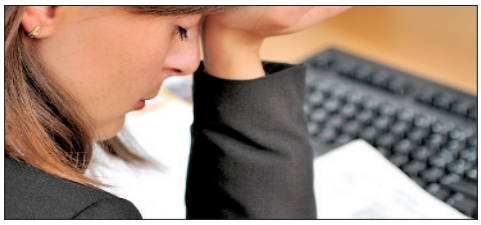
Three quarters of employed Canadians said they suffer from work-related blues at least occasionally, according to the third annual Everest College Workplace Blues Survey recently conducted by Harris/Decima. And moreover, this number has increased by 11 per cent over three years.

The survey also revealed 61 per cent of Canadians are not optimistic about getting promoted. And more than a third consider their work to be a job without growth potential, rather than a career with advancement opportunities.

One reason for worker depression is that "job stability has been rocked by this economy", says Thibert. Losing a job due to downsizing is a real fear, and employees are worried that taking any risks could backfire. So they're keeping a low profile, regardless of their job satisfaction.

And when layoffs occur, the employees who are left are often asked to take on extra work.

What happens is that many employees allow their work-life balance to tilt off-kilter in hard economic times. Because they're worried about drawing negative attention to themselves, they may delay vacation, work longer hours and take on more work than they can reasonably handle. In the end, it's not a good idea. "If you're not happy at work, your unhappiness tends to leak out into your life," says Thibert. And that causes more stress. What can you do? You can't change the economy, but you can take stock. "You work for 40 years of your life. That's a long time, so you should enjoy what you do," says Thibert.


Three-quarters of workers suffer from the workplace blues.

But the process of determining job satisfaction and what to do about it isn't always so simple. Thibert recommends keeping a workplace diary for a month or so, noting whether you had a good workday or not, and why. You may rate your days on a scale of one (miserable) to 10 (excellent). After a while, you'll notice patterns.

"It's understood that there are some bad days," says Thibert. An average score of between seven and 10 means that you enjoy your job most of the time.

If your score is six or lower, "you're suffering," says Thibert. "I'd encourage those people to take a good long look at their skills, what they enjoy and what they don't, and to update." They need to take charge and figure out what type of job gives them more satisfaction, he says.

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London board of control endorses UWO, Fanshawe land plan
London's board of control has endorsed details of a plan to give land worth up to $6 million to the University of Western Ontario and Fanshawe College to draw industrial development. METRO NEWS SERVICES

Employers will check up on you online

STUDY A polished resumé and portfolio aren't the only tools advertising and marketing professionals need to land their next job. A new survey shows a sterling digital presence is important, too. Nearly three-quarters (72 per cent) of advertising and marketing executives surveyed by The Creative Group said they are likely to search for information about prospective hires online. Another 59 per cent review job candidates' LinkedIn profiles and 44 per cent check out their Facebook pages.

Advertising and marketing executives were asked, "When evaluating potential advertising/marketing hires, are you likely to view the candidate's…?" Their responses:

- Results of a web search using the candidate's name: 72 per cent
- LinkedIn presence: 59 per cent
- Facebook presence: 44 per cent
- Blog postings: 35 per cent
- Twitter presence: 23 per cent

"Because so many creative professionals are tasked with helping companies build positive reputations online, hiring managers want to see that prospective hires have been able to do the same for themselves," said Donna Farrugia, executive director of The Creative Group. "A digital footprint that adds credibility and highlights key strengths can be an enormous career asset."

Added Farrugia, "Creative professionals should view themselves as cohesive brands and make sure that all of the information published about them, from business cards to resumés to online profiles, is consistent and portrays an accurate and positive brand impression."

METRO NEWS SERVICES

Building your digital reputation

Definitely do's, definitely don'ts

The Creative Group offers some tips on digital reputation:

- Create employer-friendly profiles: Make sure the information you post about yourself on sites such as LinkedIn and Facebook showcases not just your personal interests and hobbies, but also your expertise, dedication to your field and ability to communicate effectively.
- Optimize your information: Help employers find you online by integrating key words that describe your skills, specialties and positions of interest into your profiles. For example, if you're an advertising copywriter specializing in the automotive industry, you might include terms such as "copywriter," "automotive," and "ad copy" into your profile.
- Design for an impact: Make sure all job-hunting materials have a unified look and feel, including online content. For example, you might create a Twitter background with similar design elements that appear on your resumé, business cards and online portfolio.
- Keep certain details under wraps: Use privacy settings effectively so information that you don't want employers to see won't show up in a search. Also, avoid publishing anything that could damage your reputation, even to an audience of friends. You don't want comments made in the heat of the moment to come back to haunt you.

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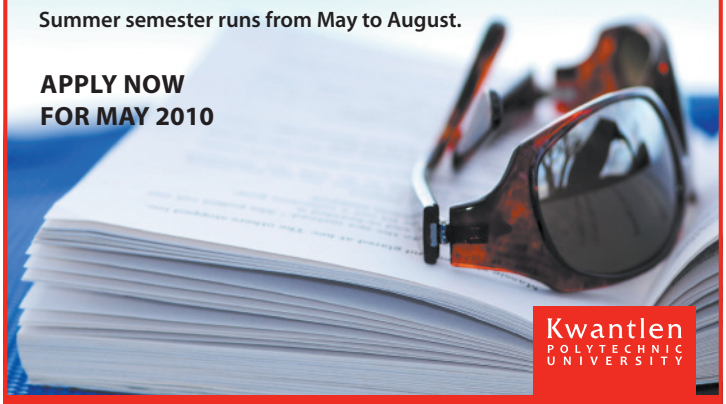

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Returning officers are appointed for a 10-year period and are responsible for ensuring the integrity of the electoral process. They must remain non-partisan throughout their period in office.

Returning officers generally work in the community where they live. In some exceptional cases, however, returning officers may be asked, during an election, to establish an office and work in another community where a greater proportion of the electorate would have access to the office. Temporary relocation costs would be covered by Elections Canada.

Remuneration is governed by regulation. Current fees for an election period are approximately $21,500. The hourly rate for special assignments between elections (approximately 200 hours per year) is $45.32 per hour. These rates are subject to annual review.

Visit Elections Canada's Web site at www.elections.ca. Click on "Returning Officer" to download the application form, the job description and other relevant documents. For more information or for a copy of these documents, you may also call 1-800-463-6868.

Applications must be received by midnight on March 17, 2010.

Cette offre d'emploi est également disponible en français à www.elections.ca.

Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.

Elections Canada

MUN freezes grad student funding
Memorial University has temporarily frozen its graduate student funding in a bid to get a $2-million shortfall under control. The school of graduate studies' dean says enrolment has grown faster than provincial funding. METRO NEWS SERVICES

Tweet yourself into a new job

Can you keep your resume under 140 characters?

You may be able to tweet your way into a new career, according to Susan Britton Whitcomb, Deb Dib and Chandlee Bryan, co-authors of the recently published book The Twitter Job Search Guide. The micro-blogging website is changing how people hunt for work, they said.

"In the past, you had to go through a maze of gatekeepers to get to the cloistered person in charge of hiring decisions," Britton Whitcomb said. "Now you can have access to them with the click of a 'Follow' button. The ability to level the playing field — placing you nearly peer-to-peer with influencers, leaders and hiring authorities — is extremely powerful."

The authors give these tips for your short and sweet, real-time job search:

"In the past, you had to go through a maze of gatekeepers to get to the cloistered person in charge of hiring decisions. Now you can have access to them with the click of a 'Follow' button."
Susan Britton Whitcomb

- **Active participation is essential:** Take the time to regularly expand your network and engage others. Building relationships online requires patience, but you should be able to enhance your reputation and develop a fan base using just 15 minutes a day.
- **Be transparent:** When reaching out to a hiring manager or person with influence about a job, make sure the relationship is give-and-take in some way. Don't just ask them to give you a position. Instead, give advice or demonstrate expertise on a subject that matters to them, and let them know you're looking for work.
- **Update:** Be sure to post regular updates about your job search, and acknowledge those who are helping you along the way.
- **Specifics:** Be specific when it comes to your career objectives, skills, interests and your brand.

"Successful job seekers have a distinct brand that helps their networking contacts and prospective employers get a quick picture of who they are, how they work and how their talents would bring value to the table," Dib said.

THE CANADIAN PRESS

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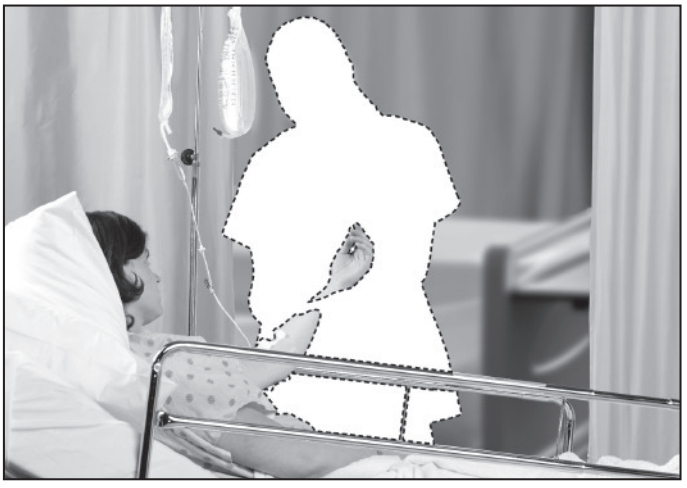

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Grey's Anatomy drops docs

It looks like Grey's Anatomy will be down two doctors next season, and, believe it or not, neither of them are played by Katherine Heigl. Sources confirm that Mercy West transplants Robert Baker (Dr. Percy) and Nora Zehetner (Dr. Adamson) are not expected to return next season. EW.COM

Entertainment

Scent of a woman

Jennifer Aniston is to become the latest celebrity to create a perfume line. She is said to have teamed up with beauty industry bosses to follow in the footsteps of stars like Halle Berry and Jennifer Lopez. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Mo'nique picks up the best supporting actress award for her role in Precious.

THE ASSOCIATED PRESS PHOTOS

Jeff Bridges goes through some "thank you's" after winning the best actor award for Crazy Heart.

Ben Stiller presents the award for best makeup dressed up as a Na'vi character from James Cameron's Avatar.

Locker has a blast at Oscars

Bigelow becomes first woman to win directing award

Kathryn Bigelow made history last night, becoming the first-ever woman to win the best director trophy at the Academy Awards for The Hurt Locker, which also won best picture.

"There's no other way to describe it, it's the moment of a lifetime," said Bigelow.

Jeff Bridges won the best actor Oscar for his turn as a boozy country singer trying to clean up his act in Crazy Heart.

The win marks a career peak for Bridges, a beloved Hollywood veteran who had been nominated four times in the previous 38 years without winning.

Bridges held his Oscar aloft and thanked his late parents, actor Lloyd Bridges and poet Dorothy Bridges.

"Thank you, Mom and Dad, for turning me on to such a groovy profession," said Bridges, recalling how his mother would get her children to entertain at parties and his father would sit on the bed teaching him the basics of acting for an early gig he landed on his dad's TV show Sea Hunt.

"I feel an extension of them. This is honouring them as much as it is me," Bridges said.

Sandra Bullock nabbed the best actress prize for her role in The Blind Side.

Villainous roles snatched the supporting-acting prizes: Precious co-star Mo'Nique as a contemptible mother and Inglourious Basterds co-star Christoph Waltz as a sociable Nazi fiend.

Both performers capped remarkable years, Mo'Nique startling fans with dramatic depths previously unsuspected in the actress known for lowbrow comedy and the Austrian-born Waltz leaping to fame with his first big Hollywood role.

"I would like to thank the academy for showing that it can be about the performance and not the politics," said Mo'Nique, who plays the heartless, abusive welfare mother of an illiterate teen (Gabourey Sidibe, a best-actress nominee in her screen debut) in the Harlem drama Precious: Based on the Novel Push by Sapphire.

Mo'Nique added her gratitude to the first black actress to win an Oscar, Hattie McDaniel, the 1939 supporting actress winner for Gone With the Wind.

"I want to thank Miss Hattie McDaniel for enduring all that she had to so that I would not have to," she said, adding thanks to Oprah Winfrey and Tyler Perry, who signed on as executive producers to spread the word on Precious after it premiered at last year's Sundance Film Festival.

Precious also won the adapted screenplay Oscar for Geoffrey Fletcher.

"This is for everybody who works on a dream every day. Precious boys and girls everywhere," Fletcher said.

Waltz's award was presented by last season's supporting actress winner, Penelope Cruz, who gave Waltz a kiss as he took the stage.

"Oscar and Penelope. That's an uber-bingo," Waltz said.

THE ASSOCIATED PRESS

Winners take all

- **Best Picture:** The Hurt Locker.
- **Director:** Kathryn Bigelow, The Hurt Locker.
- **Actor:** Jeff Bridges, Crazy Heart.
- **Actress:** Sandra Bullock, The Blind Side.
- **Supporting Actor:** Christoph Waltz, Inglourious Basterds
- **Supporting Actress:** Mo'Nique, Precious: Based On The Novel Push by Sapphire
- **Animated Feature Film:** Up
- **Adapted Screenplay:** Geoffery Fletcher, Precious
- **Original Screenplay:** Mark Boal, The Hurt Locker
- **Foreign Film:** The Secrets in Their Eyes (Argentina)
- **Costume Design:** Sandy Powell. The Young Victoria.
- **Editing:** Bob Murawski and Chris Innis, The Hurt Locker
- **Cinematography:** Mauro Fiore, Avatar.
- **Documentary Short:** Music by Prudence.
- **Makeup:** Barney Burman, Mindy Hall and Joel Harlow, Star Trek.
- **Visual Effects:** Joe Letteri, Stephen Rosenbaum, Richard Baneham and Andrew R. Jones, Avatar
- **Original Score:** Michael Giacchino, Up
- **Original Song:** The Weary Kind, Crazy Heart.

m.metronews.ca

Scan this barcode for a complete list of Academy Award winners and other Oscar stories, or visit metronews.ca/movies

Learn how to scan the barcode with the instructions at the top of pg 2

Hosts Steve Martin, left, and Alec Baldwin have fun with 3-D glasses.

Hollywood Votes

Academy Awards

In and around the Oscars

FULL TWEET AHEAD: Just in case there isn't enough Internet buzz about the Oscar red carpet, the motion picture academy and sponsor Kodak invited a few bloggers to tweet from the fan bleachers this year.

Marsha Takeda-Morrison, who blogs about parenting in Los Angeles at SweatPantsMom.com, posted a link to a photo of herself on Twitter. "Me on (OK — near) the Red Carpet!" she tweeted. "I think the companies are starting to see the power of social media and word of mouth," Takeda-Morrison said as she took her seat.

SECURITY FIT FOR 'GODS': Security has gotten tighter every year since the Academy Awards moved to the Kodak Theatre in Hollywood, according to residents of the area.

"The security is excessive, completely exaggerated," said Alfonso Puicercus, a hotel manager from Barcelona, Spain, who wanted to see the red carpet for himself. "They treat these stars like gods who can't mix with the rest of us. But they're not."

EAT LIKE THE STARS: Reporters, vendors and other non-famous folks had a chance to party like movie stars Saturday at the Governors Ball preview. Guests got a glimpse at the art-deco, supper-club setting inside Hollywood&Highland's grand ballroom. They sampled the paella, sushi and tiny crab cakes that A-listers dined on yesterday after the Academy Awards. THE ASSOCIATED PRESS

Red carpet drips glam

Hollywood Votes
Academy Awards

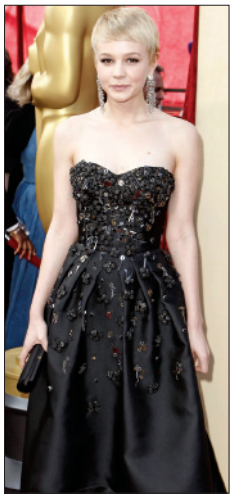
Metro takes a look at the stars who dazzled the red carpet at the 82nd Annual Academy Awards last night.

ALL PHOTOS BY THE ASSOCIATED PRESS

Precious star Mariah Carey turns up the glam.

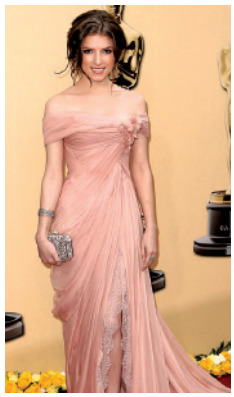
Kate Winslet continues with her elegant look at the Oscars.

Precious star Gabourey Sidibe.


British actress Carey Mulligan, star of An Education.

Canadian actress Rachel McAdams goes with the flow.

Vera Fermiga, star of Jason Reitman's Up In The Air, turned up as the lady in red.


Up In The Air star Anna Kendrick.

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	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CSI: Miami "Getting Axed" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		P3	Diya	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Private Lives" (N) (PA)		24 "Day 8: 2:00AM - 3:00AM"		Cold Blood (CC)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Law & Order (N) (CC)		Gossip Girl "The Hurt Locket"		Castle (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Bachelor Jason Mesnick and Molly Malaney wed. (N)				Chuck (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (N) (CC)		Gossip Girl "The Hurt Locket"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami "Getting Axed" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) (CC)		Trauma "Tunnel Vision" (N)		Law & Order (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Banjany Family"		How Clean Is	How Clean	Love It or List It		Love It or List It		Confidential
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	The Bachelor Jason Mesnick and Molly Malaney wed. (N)				Castle (N) (CC)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	Cowboy Up ★★ (2000) Marcus Thomas, Kiefer Sutherland.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Celtic Thunder: It's Entertainment Musical performance.				Celtic Woman: Songs From the Heart Music.				Rick Steves
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Private Lives" (N) (PA)		24 "Day 8: 2:00AM - 3:00AM"		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	When Irish Eyes-Smiling		More Funny Ladies		Christiane Northrup: Menopause and Beyond				Eyes-Smiling
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	Life Unexpected (N) (CC)		Gossip Girl "The Hurt Locket"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity-test results.	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	Mexico's Drug War (N) (CC)		CBC News: The National (N)		CBC News: The National (N)		Mexico's Drug War (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	The Rookies	The Rookies	Hockey	The Ultimate Fighter		MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	Boxing Wilton Hilario vs. Martin Honorio.				SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters "Star Island"		Ghost Hunters
	410	403	54 SCR	(6:15) WWE Monday Night RAW (CC)			Score Now	WWE Monday Night RAW With Michael Cole and Jerry Lawler.				Cabby Unlimit
	417	406	55 SC	NASCAR	What's Deal?	Car Crazy	NASCAR Hub	Fast Track to Fame		Racing Chef	NASCAR	NASCAR
	416	409	144 GLF	(6:00) Fútbol Brasileño		Off the Pitch	Gol TV News	Off the Pitch	Game Cap	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreating	Landscape	Art of the Heist (CC)		Simon Schama's Power of Art		Norm Keep him at home.		Shadow-Chief
	575	583	20 CMT	Dixie Chicks: Shut Up and Sing (CC)				Amer. Funniest Home Videos		According/Jim	According/Jim	Dixie Chicks
	570	580	24 MM	Love Court	Love Court	UR11		So You Think You Can Dance (CC)				So You Think
	600	564	29 H&G	House Hunt	House	Holmes on Homes (CC)		Home to Flip	Bang, Buck	For Rent	Marriage	House
	615	520	61 A&E	Hoarders "Julie and Shannon"		Paranormal	Paranormal	(:01) Intervention "Sandra"		(:01) Intervention (CC)		(:01) Hoarders
	628	584	62 SPKE	(6:00) TNA Wrestling (CC)		(:08) Players	Ways to Die	(:08) DEA "Deadly Chase"		CSI: Crime Scene Investigat'n		Mysteries
	521	560	34 TLC	Cake Boss	Cake Boss	Our Little Life	Our Little Life	Ultimate Cake Off (CC)		Cake Boss	Cake Boss	Our Little Life
	616	522	93 SHO	Relic Hunter (CC)		The Party Never Stops (2007, Drama) Sara Paxton. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	In the Shadow of the Blues		Law & Order "I.D." (CC)		Without a Trace (CC)		Hank Williams: The Show He Never Gave		
	601	562	41 SLC	Love Inc.	Love Inc.	ET Canada	What	Real Housewives-Atlanta		Real Housewives, Orange		Runway
	520	505	42 DIS	Motor City Motors		Daily Planet (CC)		MythBusters (CC)		Motor City Motors		Dirty Jobs
	522	506	44 HIS	Quebec	Ancestors	Greatest Tank Battles (CC)		Lost Worlds (CC)		Shockwave (CC)		Tank Battles
	627	528	45 SPC	(6:00) Manticore ★ (2005)		Stormworld	Stargate SG-1 "Meridian"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Re-Vamped Their big reveal.		Parking Wars	Parking Wars	Flipping Out "Baby Boom"		Launch My Line Fashion line.		Prod. Parker
	603	561	52 FN	Pitchin' In	Glutton	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Top Chef Masters (CC)		Pitchin' In
	-	-	53 AMC	(5:00) The Pelican Brief (1993)		Jagged Edge ★★ (1985, Crime Drama) Glenn Close, Jeff Bridges. (CC)					Shootout	Mystic Pizza
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver's Stand-Up Show		Daily Show
	320	621	60 CEN	(6:20) It's a Boy Girl Thing		Spartacus: Blood and Sand		Diary-Call Girl	Tracey Ullman	Finishing the Game ★★ (2007) Roger Fan.		
	581	566	101 MTV	Buried	MTV Cribs	MTV Live	Sex News	The Real World (CC)		Buried	MTV Cribs	MTV Live
	261	394	102 V	Unscripted (N)	Archaeologist	Poltergeist: The Legacy		Carrington ★★ (1995, Docudrama) Emma Thompson, Jonathan Pryce. (CC)				
	-	-	105 MUL	My Queen	Immortal	Lying Low		Simply the	Pinoy Buzz	Orient	News	Patrol World

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Glover boycotting Boss

Actor/activist Danny Glover is calling on Academy Awards nominees not wear Hugo Boss suits at Sunday's awards ceremony on behalf of the 375 Cleveland factory workers who'll lose their jobs if the German company closes the plant next month as planned. THE ASSOCIATED PRESS

Razzies prove no one is off limits

Sandra Bullock warmed up for the Academy Awards with a stop at the Razzies to collect a dubious honour: A worst-actress prize for her romantic comedy flop All About Steve.

Bullock swung by the Razzies on the eve of her expected triumph at Sunday's Oscars, where she is considered the favourite to win best actress for The Blind Side. If she wins Sunday, Bullock will be the first person to win an Oscar and a Razzie over the same weekend.

"I think this is an extraordinary award," said Bullock, who had promised throughout awards season that if she won the Razzie, she would accept it in person.

"And I didn't realize that, in Hollywood, all you had to do was say you'd show up, and then you'd get the award. If I'd known that, I would have said I was appearing at the Oscars a long time ago."

Transformers: Revenge of the Fallen was picked as last year's worst picture and won two other Razzies, worst director for Michael Bay and worst screenplay for Ehren Kruger, Roberto Orci and Alex Kurtzman.

Bay and his team probably will not lose any asleep over it. Though reviled by critics, Transformers took in $402.1 million domestically, No. 2 on the 2009 box-office chart behind Avatar.

Bullock, who also shared the Razzie for worst screen couple with All About Steve co-star Bradley Cooper, was the first acting winner to show up at the Razzies since Halle Berry won worst-actress for Catwoman five years ago.

GETTY IMAGES

The Jonas Brothers shared the top spot in the worst-actor category

As she took the stage, Bullock pulled a little red wagon filled with DVDs of All About Steve, saying she was giving a copy to everyone in the audience of about 300.

Bullock implied that many Razzie voters had not actually seen the movie but cast ballots for her hoping to get her to show up at the awards. Bullock said if they watched the DVD — "I mean really watch it." — and decided it was not the worst performance of the year after all, then she would come back next year and "give back the Razzie. ... then we'll go drink afterwards."

> **"I didn't realize that, in Hollywood, all you had to do was say you'd show up, and then you'd get the award."**
> Sandra Bullock

The worst-actor Razzie went to siblings Kevin, Joe and Nick Jonas for Jonas Brothers: The 3D Concert Experience.

The Jonas' pal Miley Cyrus, star of Hannah Montana: The Movie, lost the worst-actress category to Bullock. But her dad, Billy Ray Cyrus, was named worst supporting actor for the big-screen Hannah Montana.

Sienna Miller received the worst supporting-actress Razzie for the action tale G.I. Joe.

Will Ferrell's action comedy flop Land of the Lost had come in tied with Transformers for the Razzies lead with seven nominations, but it was nearly shut out in every category.

Once ballots had been counted from the roughly 650 Razzies voters, Land of the Lost was tied for the group's worst remake, rip-off or sequel prize. Razzies founder John Wilson, who always votes last, gave the tie-breaking vote to Land of the Lost.

"It really did stink and I thought, well, it ought to get something, because it is a very bad movie," Wilson said.

Razzie voters also made worst-of-the-decade picks, with John Travolta's science-fiction debacle Battlefield Earth winning worst picture.

Among all-time Hollywood dreck, Battlefield Earth is "like the 800-pound mongrel gorilla in the room," Wilson said. "It's one of my favourite type of bad movies. It's so bad, it's entertaining, in ways that the people who made it had no idea it would be."

Paris Hilton was chosen as the decade's worst actress for movies such as The Hottie and the Nottie and Repo: The Genetic Opera. Eddie Murphy, a 2009 Razzie nominee for Imagine That, was named the decade's worst actor for such bombs as The Adventures of Pluto Nash, I Spy and Meet Dave.

THE ASSOCIATED PRESS

THE MUNRO FAMILY
37A-B-C

KATE ZULU
42D

Spirited away by moving movies

FILM AWARDS The Harlem drama Precious won five prizes Friday at the Spirit Awards honouring independent film, including best picture and trophies for stars Gabourey Sidibe and Mo'Nique and director Lee Daniels.

Sidibe won best actress for Precious: Based on the Novel Push by Sapphire, playing an illiterate teen pulling herself out of an abyss of neglect and abuse. Mo'Nique earned the supporting-actress honour as the girl's loathsome mother.

Jeff Bridges won best actor for the country-music tale Crazy Heart and Woody Harrelson won supporting actor for the war-on-terror drama The Messenger.

All four acting winners are up for the same honours at Sunday's Academy Awards, where Bridges and Mo'Nique are the front-runners and newcomer Sidibe was nominated for her screen debut.

"Gabby, you are truly a special gift to the universe, baby," Mo'Nique said. "For people to get to know you and be in your presence, they are all honoured."

Precious swept every category for which it was nominated, including best screenplay by a first-time writer for Geoffrey Fletcher. He and director Daniels also are nominated at the Oscars, where Precious is among the best-picture contenders.

GETTY IMAGES

Gabourey Sidibe won the best actress award for her role in Precious

Sidibe said her mother used to give her two dollars to go to school and that she saved the money to see an independent film, Welcome to the Dollhouse, at a theatre her bus would drive past.

"Hey, I could do that," Sidibe said. "To be corny, you could say that's when my independent spirit was born."

Accepting the directing award, Daniels wisecracked, "Kathryn Bigelow's not here tonight. I am," referring to the maker of The Hurt Locker, the favourite to win best director at the Oscars (it premiered at film festivals in 2008 and was eligible for the Spirit Awards a year ago, when it earned nominations for actors Jeremy Renner and Anthony Mackie).

Another best-picture Oscar nominee, Lone Scherfig's British drama An Education, was chosen as best foreign film.

Harrelson won for his role as a soldier breaking news to next of kin that a love one has died in action. He had kind words for the other nominees, who included fellow Oscar contender Canadian Christopher Plummer for the Leo Tolstoy drama The Last Station.

"You're all better," Harrelson told his competitors. "Actually, I don't know how you distinguish one performance from another. It's never felt right to me to declare a winner. We're all just actors and lucky to be doing this. Of course, now it feels a little more right."

THE ASSOCIATED PRESS

What are they?

The Spirit Awards

Presented by the cinema group Film Independent, the Spirit Awards honour movies that cost less than $20 million to make, with a significant part of their budget originating outside the Hollywood studio system. Other criteria for nominations include originality and provocative subject matter.

LINDSAY PERRY
21J

Waslila is the place to be

COMEDY Comedian Kathy Griffin has brought her Life on the D-List show to Sarah Palin's home state, skewering the former Alaska governor at a raucous show in Anchorage.

Griffin was escorted on stage on Friday by Playgirl model Levi Johnston, who fathered a child with Palin's oldest daughter and is involved in a child support battle with Bristol Palin.

> **"Griffin said she spent a day ice fishing with Johnston."**

Griffin said she spent a day ice fishing with Johnston in Wasilla, and was surprised when 19-year-old Levi's friend brought along a camera — but only to photograph the fish they caught.

Griffin helped Johnston's celebrity star to rise, taking the aspiring actor to an awards show last year as her date. While in Wasilla, Griffin said she also went to Palin's home. There she left a note, inviting Palin to Friday's performance.

She asked the crowd to look around and see if anyone was doing a beauty pageant wave. While in college, Palin finished third in the Miss Alaska beauty pageant.

Griffin said John McCain picked Palin to be his running mate on the Republican ticket after "talking to her for 10 minutes."

Of Palin's comedy monologue this week on The Tonight Show, Griffin only promised the audience she would never try to be a mayor.

Griffin welcomed news that Palin is trying to shop a reality show or docudrama about Alaska. She called that a "gift from God."

Griffin was in Anchorage to coincide with Saturday's start of the Iditarod Trail Sled Dog Race.

THE ASSOCIATED PRESS

Most Wanted helps find criminal
A murderer placed just last week on the U.S. Marshal's 15 Most Wanted list is now in custody — thanks to a segment featuring America's Most Wanted host John Walsh on Friday morning's Live! with Regis and Kelly. USMAGAZINE.COM

Good cop, bad cop

Battlestar's Douglas plays head of a police union on The Bridge

IAN JOHNSTON
for Metro Canada

Aaron Douglas' face may be splashed all over subway stations and bus stops these days, but it hasn't changed who he is in the minds of fans.

Douglas – who is currently starring in the new CTV cop series The Bridge – says he still gets recognized for that other role – as Galen Tyrol on Battlestar Galactica.

"It's funny because I'll be in the street and here's my face everywhere (for The Bridge) but people still come up and want to talk about Battlestar Galactica."

That wasn't always so. When Battlestar premiered in 2003, it didn't exactly earn immediate respect.

"It was scoffed at by critics when it came out. But viewers loved it. Now I feel it's transformed a little how people look at science fiction," says Douglas.

The Bridge is sure to help change people's image of the actor. In the series, he plays Frank Leo, a tough-as-nails beat cop who is driven by his own anger with the system to become the head of the police union.

That act puts him right between the police brass and the cops he works with. It's a balancing act that Leo must negotiate on a daily basis.

"It's not a pro-cop show, which I think maybe people might expect. But it's a pretty factual, truthful one," says The Bridge creator Craig Bromell, a former Toronto police union head, who serves as executive producer on the series.

"I think he (Douglas) really nailed the part. He got it."

Still, being realistic can get pretty dark at times. Bad cops, drug deals, corruption, blackmail, suicide — it's all in The Bridge and more.

"I showed it to a couple of cop friends and they liked it, though they wished there were less bad cops," says Douglas.

"So I asked them if they knew any bad cops. And they said of course. I think what it (The Bridge) plays on is that cops are just human beings."

The Bridge airs Fridays at 10 p.m. on CTV

Actor Aaron Douglas stars in the new CTV cop series The Bridge.

New Avator video game a flop

TECHNOLOGY Canadian director James Cameron might have Oscar's golden touch at the box office, but when it comes to video games he appears to have lead fingers.

His movie Avatar is the highest-grossing film of all time with nine Academy Awards nominations.

But his two-year project to produce a video game version of Avatar? He's lucky they don't hand out Razzies for games.

Ubisoft, a game-maker with operations in Montreal, says Cameron saw the project as an extension of his film and worked closely on it to create new scenarios not used in the movie.

Despite those efforts, the father of box-office blockbusters like Titanic and The Terminator has helped produce the video game equivalent of Ishtar — a memorable flop.

Current sales of Avatar, the game, stand at 2.5 million copies, according to Xboxygen, an online magazine. This falls far short of Ubisoft's initial goal of five million. THE CANADIAN PRESS

Weekend box office

1. **Alice in Wonderland:** $116.3 million US
2. **Brookyn's Finest:** $13.5 million
3. **Shutter Island:** $13.3 million
4. **Cop Out:** $9.1 million
5. **Avatar:** $7.7 million
6. **The Crazies:** $7 million
7. **Percy Jackson & the Olympians: The Lightning Thief:** $5.1 million
8. **Valentine's Day:** $4.3 million
9. **Crazy Heart:** $3.4 million
10. **Dear John:** $2.9 million

THE ASSOCIATED PRESS

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It may not be of the 'child' variety, but support is support, right?
Dancing with the Stars hasn't even started but contestant Kate Gosselin already has one fan: her ex. "Congratulations to Kate for joining the new season of DWTS. I am thrilled for her. She has my support and vote," Jon Gosselin Tweeted, tvguide.com reports. METRO NEWS SERVICES

Celebrity Buzz

This time it will be different

WHY DOES THAT SOUND LIKE A LINE? OH RIGHT, BECAUSE IT USUALLY IS Sienna Miller — who reconciled her romance with actor Jude Law at the end of last year while they were both staring in theatre productions on New York's Broadway — has reportedly agreed to travel back to the U.S. to stay with the Alfie star while he works on his new movie Contagion, female-first.co.uk reports.

"Sienna is determined to make it work with Jude this time," a source told the Mail on Sunday newspaper.

"She doesn't want to let him out of her sight. She loves him and wants them to stay together, so she is prepared to move wherever he is."

It was recently claimed that 37-year-old Law — who saw his engagement to Miller, 28, end in 2005 when he slept with his children's nanny — has asked the actress to move into his London home.

While the Factory Girl star agreed, cautious Miller has insisted on keeping her own house in case things go wrong again.

A source said: "Jude has promised there will be no affairs and Sienna demands total honesty."

METRO WORLD NEWS

Messing with a teenage heart

MAKES YOU THE STAR OF HUNDREDS AND HUNDREDS OF VERSIONS OF THE SAME SONG Country star Taylor Swift, 20, has warned ex-boyfriend Joe Jonas to expect more songs about their failed romance — because the heartbreak has provided her with "albums" full of material, femalefirst.co.uk reports.

The You Belong With Me hitmaker dated the Jonas Brothers' singer for several months in 2008 — but she was left devastated when he dumped her in a 27-second phone call.

Swift poured out her emotions in her song Forever & Always, but she insists she's not quite done targeting Jonas just yet.

She tells Elle magazine, "I like to categorize the various levels of heartbreak. I've only had that (level of heart break) happen once.

"A letdown is worth a few songs. A heartbreak is worth a few albums."

METRO WORLD NEWS

GETTY IMAGES

She's taking it nice and slow

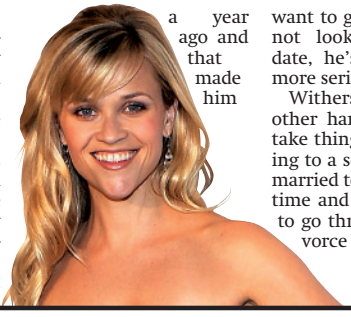
WHILE HE'S PICKING OUT THE CHINA Things are reportedly getting serious quickly for Reese Witherspoon and new boyfriend Jim Toth, but is too quick for the Legally Blonde star?

Toth's ex-girlfriend says the CAA talent agent is a "nice guy, but he can be needy and is definitely looking to settle down," according to In Touch.

"He lost his father about a year ago and that made him want to get married. He is not looking to casually date, he's looking to get more serious."

Witherspoon, on the other hand, is looking to take things slowly, according to a source: "Reese got married too young the first time and she never wants to go through another divorce again."

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

KEVIN SMITH has very wholesome guilty pleasures, **JUSTIN BIEBER** looks back over his career, **TYRA BANKS** is starstruck, and **ELLEN DEGENERES** explains her wardrobe repeat.

@ThatKevinSmith True Confession: Thanks to a high school girlfriend, I have every Amy Grant Christian music album from self titled debut to Heart in Motion.

@justinbieber this all started singing on Youtube in my room. Cant believe its been 2 years

@tyrabanks My mama and I just met Morgan Freeman. Total groupie moment! We are in Shawshank heaven!!!

@TheEllenShow I'm wearing the same thing today that I wore on last nights Idol, but don't get any ideas about me and Simon. Ryan & I had a slumber party.

METRO NEWS SERVICES

Billy ain't got no Love

AND ABYSS IS THE NEW HOLE Courtney Love is set to mount a comeback with new material for her band, Hole, but one person isn't thrilled by that idea.

"It would be a real big problem, because I haven't given my permission," Billy Corgan, who worked on the material with Love, tells Rolling Stone about the prospect of Love releasing the new songs. "I have no interest in supporting her in any way, shape or form. You can't throw enough things down the abyss with a person like that."

METRO WORLD NEWS

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DAKOTA FANNING as Cherie Currie
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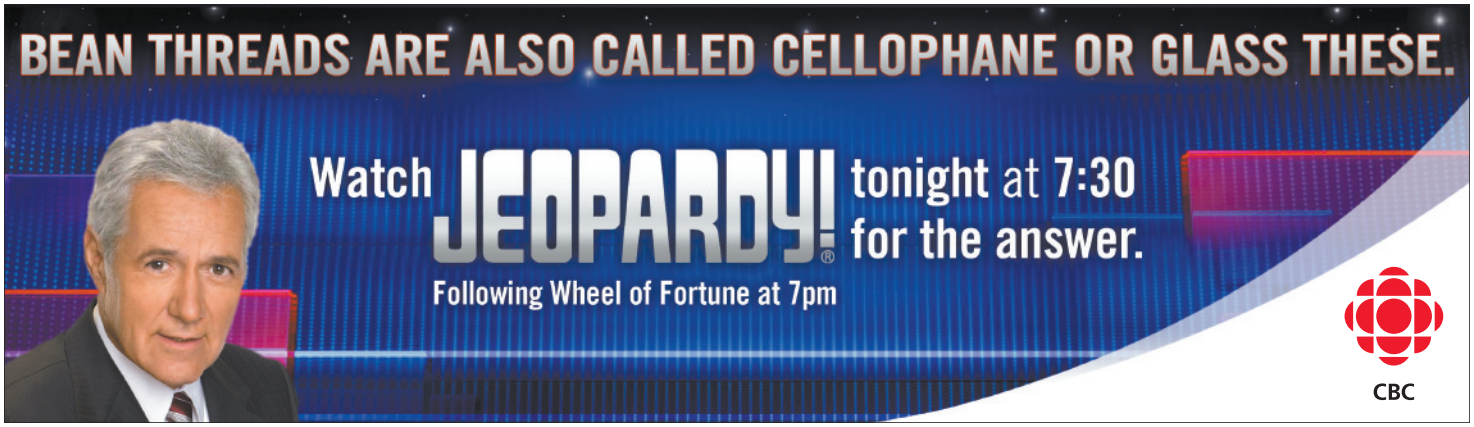
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Following Wheel of Fortune at 7pm
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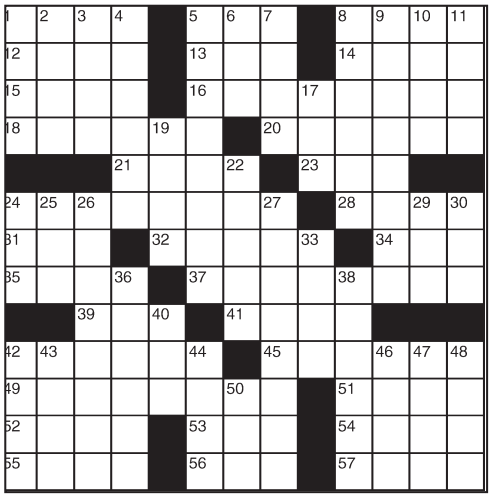


ACROSS

1 Refuse abruptly
5 Brooch
8 Actress Sorvino
12 Hodgepodge
13 Salt Lake tribe member
14 Blackbirds
15 Dregs
16 AAA vehicle
18 Shoe style
20 Ponders
21 String instrument
23 Conclusion
24 Rope contest
28 Facility
31 Exist
32 Georgia of "The Mary Tyler Moore Show"
34 Dead heat
35 Hostels
37 Ice cream parlor worker
39 Conger, for one
41 — gin fizz
42 Painter or sculptor
45 Sent forth
49 Important thoroughfare
51 Salver
52 Formerly
53 "This tastes awful!"
54 Being, to Brutus
55 Smooch
56 Chow down
57 "Phooey!"

DOWN

1 Thin neckwear
2 Rodriguez or Trebek
3 Willing, old-style
4 Balkan land
5 Insults
6 Judge Lance
7 Mr. Gingrich
8 Leatherneck
9 Flood
10 "Casablanca" role
11 Inquires
17 Definite article
19 Abundant
22 Former capital of Nigeria
24 Mai — (cocktail)
25 Coffee shop vessel
26 Watson and Crick's field
27 "Stop" signal
29 Ma'am's counterpart
30 "A mouse!"
33 Asian nation
36 Nets
38 Royal clown
40 Hallucinogen letters
42 Out of control
43 Hindu princess
44 Verifiable
46 — Major
47 Into the sunrise
48 Coloring agents
50 — Khan

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4		6				9		2
	5		1		3		8	
8			9		4			5
		2	3		1	7		
		7	5		2	8		
2			8		9			3
	1		2		7		9	
3		8				4		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

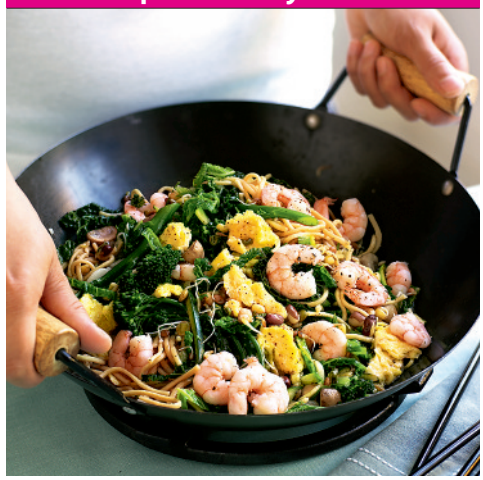
4	3	6	7	5	8	9	1	2
7	5	9	1	2	3	6	8	4
8	2	1	9	6	4	3	7	5
5	6	2	3	8	1	7	4	9
9	8	3	4	7	6	2	5	1
1	4	7	5	9	2	8	3	6
2	7	5	8	4	9	1	6	3
6	1	4	2	3	7	5	9	8
3	9	8	6	1	5	4	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

I'M SORRY, BUT BECAUSE OF THE PARTICULAR POP SONG THAT'S STUCK IN YOUR HEAD, YOU'RE GOING TO HAVE TO BE QUARANTINED.
JUST DAY-UNCE DANCE-DANCE!
BANNERMAN

Metro Recipe of the Day



Chinese Shrimp and Bean Sprouts

INGREDIENTS:

200 g egg noodles
2 tsp toasted sesame oil
3 tbsp canola oil
small bunch of scallions, chopped
2 large garlic cloves, crushed
1 fresh green chili pepper, halved, seeded and sliced
250 g package stir-fry vegetables
1 1/4 cups chicken stock
150 g button mushrooms, sliced
150 g fresh bean sprouts
2 tbsp soy sauce
300 g cooked, peeled jumbo shrimp
3 eggs, beaten

METHOD:

1. Soak or cook noodles according to package instructions. Drain, then toss with sesame oil and set aside.
2. Heat wok or large pot with 4 tsp vegetable oil and stir-fry scallions, garlic, chili pepper and packaged vegetables 3 minutes. Stir in stock and boil. Add mushrooms and bean sprouts. Cook 2-3 minutes.
3. Stir in soy sauce; add shrimp and cook 1-2 minutes if fresh, 3 minutes if frozen. Toss in noodles and reheat thoroughly.
4. Heat remaining oil in small pan. Season eggs and pour into pan. Fry, gently stirring to scramble eggs slightly, until lightly set into large, soft curds. Mix into noodles and serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Why fear the unknown? You're an Aries. You're adventurous. Do something today that reminds you, and everyone else, of that fact.

TAURUS ♉
APRIL 21-MAY 21
Friends and relatives will help you out in any way they can today but their efforts will only be successful if you spell out for them what it is that you need.

GEMINI ♊
MAY 22-JUNE 21
If you've got that Monday morning feeling get rid of it by throwing yourself into some kind of creative activity. Make sure it is something you enjoy.

CANCER ♋
JUNE 22-JULY 22
You may have strong opinions about the issues of the day but you are deluding yourself if you think you can convince other people to change their beliefs.

LEO ♌
JULY 23-AUG 23
You will be somewhat emotional today, which in itself is no bad thing but it could lead you into making decisions that are not in your best interests.

VIRGO ♍
AUG 24-SEPT 22
Resist the urge to start anything new. Your existing commitments are enough to be going on with.

LIBRA ♎
SEPT 23-OCT 23
Make the most of Venus in your opposite sign to relax and unwind and, above all, to heal rifts with loved ones. Take your pleasures where you find them.

SCORPIO ♏
OCT 24-NOV 22
If you allow your emotions to rule you will come up with the wrong solution to a question that should pose no difficulties at all.

SAGITTARIUS ♐
NOV 23-DEC 21
Stick to what you do best or you may find yourself out of your depth and out of favor with important and influential people.

CAPRICORN ♑
DEC 22-JAN 20
It's okay to be assertive, even aggressive, in defense of your interests, but it's wrong to assume that everyone is going to be trying to cheat you.

AQUARIUS ♒
JAN 21-FEB 18
It is part of your nature to swim against the tide, to do what everyone else says cannot, or should not, be done, so go ahead and push the boundaries.

PISCES ♓
FEB 19-MARCH 20
When nothing goes right today console yourself with the knowledge that the Sun in your sign will make sure everything works out for the best.

This day in history

1655: John Casor becomes the first legally-recognized slave in what will be the United States.
1702: Anne Stuart, sister of Mary II, becomes Queen of England, Scotland, and Ireland.
1817: The New York Stock Exchange is founded.
1911: International Women's Day is launched in Copenhagen, Denmark, by Clara Zetkin, leader of the Women's Office for the Social Democratic Party in Germany.
1978: The first-ever radio episode of The Hitchhiker's Guide to the Galaxy, by Douglas Adams, is transmitted on BBC Radio 4.

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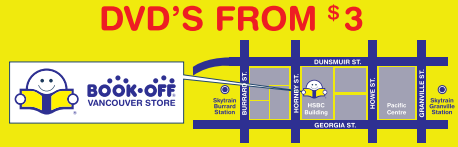

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Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face
Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris
Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

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